

## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.



aTX360  
.U6C74  
v. 4



United States  
Department of  
Agriculture

Human Nutrition  
Information  
Service

Nutrition  
Monitoring  
Division

NFCS, CSFII  
Report No. 86-4

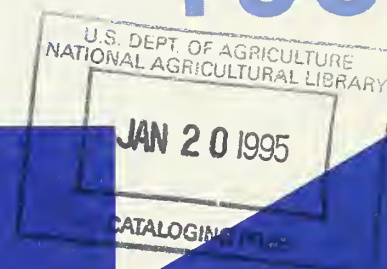
# CSFII

Nationwide Food Consumption Survey  
Continuing Survey of Food Intakes  
by Individuals

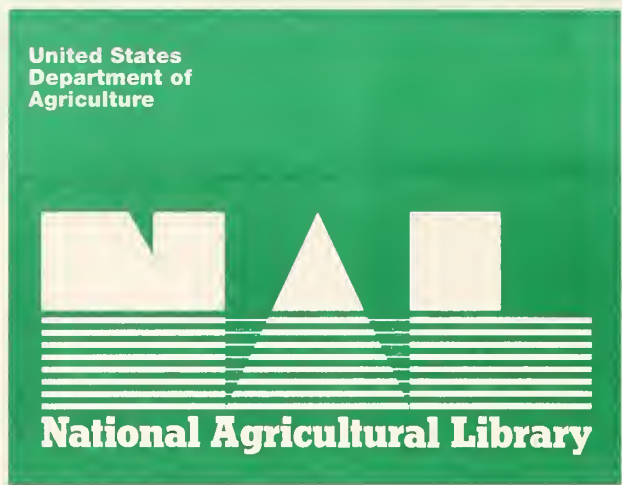
aTX 360 .U6C74

Low-Income Women 19-50 Years and  
Their Children 1-5 Years, 4 Days

1986



**Abstract**







## Abstract

This publication presents 4-day dietary data for low-income women 19 to 50 years of age and their children 1 to 5 years of age in the 48 conterminous States. The data were collected on 4 nonconsecutive days over a 1-year period from April 1986 through March 1987 as part of the Continuing Survey of Food Intakes by Individuals conducted by the U.S. Department of Agriculture. Each day's data were collected using a 1-day recall. The first day's data were collected in a personal interview; subsequent days' data were collected by telephone when possible. Major results are summarized. Food intakes are aggregated in 10 food groups and 50 subgroups and are tabulated for total food and for food obtained and eaten away from home for women and children by age group, by household income level, by region, and by Food Stamp Program status. Mean quantities of foods eaten per individual per day and the percentages of individuals who reported eating any food from the specified food groups and subgroups during any of the 4 days are presented. The nutrient contributions of 15 food groups are included also. Tables of the intakes of food energy and nutrients (mean and selected percentiles), comparisons of intakes with the 1980 Recommended Dietary Allowances (RDA), and the percentages of individuals with intakes at selected levels of the RDA are provided for individuals by demographic group. Also presented are tables of the nutrient densities of diets (intakes of nutrients per 1,000 kilocalories); the percentages of total food energy from protein, total fat, fatty acids, and carbohydrate; the frequency of reporting of breakfast, snacks, and food eaten away from home; and nutrient contributions of breakfast, snacks, and food eaten away from home.

**KEYWORDS:** Breakfast, dietary survey, diets, eating occasions, food intake, food away from home, food stamps, nutrient density, nutrient intake, poverty, snacks.

Issued January 1989

## Acknowledgments

The Continuing Survey of Food Intakes by Individuals, 1986, was conducted by the Nutrition Monitoring Division, Human Nutrition Information Service, U.S. Department of Agriculture, under the general direction of Robert L. Rizek, Division Director. Robert B. Reese, chief of the Division's Food Consumption Research Branch, had overall responsibility for planning and supervising the survey. Howard A. Riddick supervised a team of nutritionists, home economists, and economists--Cecilia Wilkinson Enns, Kathryn H. Fleming, Patricia M. Guenther, Sharon J. Mickle, Rhonda Sebastian, and Frances Vecchio--in developing plans for coding and tabulating the individual food intake data, analyzing the results, and writing this report. Katherine S. Tippet coordinated the writing and preparation of the report. Bruce C. Gray, Renee A. Powell, Joseph D. Goldman, Manfred Tumban, and Liedong Xu were responsible for data processing. The Nutrient Data Research Branch provided food composition values. Carole A. Davis and the Guidance and Education Research Branch provided gram conversion information. John A. L. Pierce, Gerald Smith, and Carol A. Nathan provided editorial assistance. Beulah M. Stewart typed the manuscript, and Joanne Rosenthal Levine and Lois E. Ludka produced the final camera-ready copy.

The Food and Nutrition Service (FNS), U.S. Department of Agriculture, partially funded the data collection for the low-income portion of the survey. FNS staff, particularly Melody Bacha, Gary Bickel, and Jay Hirschman, participated in reviewing survey plans and reports of results. The sample was designed and the data collected under contract by National Analysts, a division of Booz, Allen and Hamilton, Inc. Beth B. Rothschild was the project director.

## Contents

	Page
Guide to Tables .....	ii
Introduction .....	1
Selected Results .....	3
Food Intakes .....	3
Nutrient Intakes .....	7
Eating Patterns .....	14
Tables .....	15
Table Notes .....	168
Glossary .....	178
Appendixes:	
A. Methodology .....	182
Sample Design .....	182
Data Collection .....	184
Sample Weights .....	189
B. Data Processing and Presentation .....	190
Data Processing .....	190
Data Presentation .....	191
C. The Panel Approach--Dietary Intakes and	
Sample Characteristics by Wave .....	196
Guide to Tables for Appendix C .....	197
Table Notes for Appendix C .....	220
D. Recommended Dietary Allowances, 1980.....	222
Literature Cited .....	224
CSFII Reports.....(inside back cover)	

EXCHANGE BOOK

MAR 31 1989

## Guide to Tables

Table Number	Table Title	Page
	<u>Food Intakes: 4 nonconsecutive days, low-income households, 1986--by age, income level, region, and Food Stamp Program status (tables 1.1-1A to 1.6-2B)</u>	
	<u>Meat, poultry, fish</u>	
	<u>Total food:</u>	
1.1-1A	Mean per individual per day.....	16
1.1-1B	Percentage of individuals using .....	17
	Food obtained and eaten away from home:	
1.1-2A	Mean per individual per day.....	18
1.1-2B	Percentage of individuals using .....	19
	<u>Milk and milk products; eggs; legumes, nuts, seeds</u>	
	<u>Total food:</u>	
1.2-1A	Mean per individual per day.....	20
1.2-1B	Percentage of individuals using .....	21
	Food obtained and eaten away from home:	
1.2-2A	Mean per individual per day.....	22
1.2-2B	Percentage of individuals using .....	23
	<u>Vegetables</u>	
	<u>Total food:</u>	
1.3-1A	Mean per individual per day.....	24
1.3-1B	Percentage of individuals using .....	25
	Food obtained and eaten away from home:	
1.3-2A	Mean per individual per day.....	26
1.3-2B	Percentage of individuals using .....	27

Table Number	Table Title	Page
	<u>Fruits</u>	
	<u>Total food:</u>	
1.4-1A	Mean per individual per day.....	28
1.4-1B	Percentage of individuals using .....	29
	Food obtained and eaten away from home:	
1.4-2A	Mean per individual per day.....	30
1.4-2B	Percentage of individuals using .....	31
	<u>Grain products; fats and oils; sugars and sweets</u>	
	<u>Total food:</u>	
1.5-1A	Mean per individual per day.....	32
1.5-1B	Percentage of individuals using .....	33
	Food obtained and eaten away from home:	
1.5-2A	Mean per individual per day.....	34
1.5-2B	Percentage of individuals using .....	35
	<u>Beverages</u>	
	<u>Total food:</u>	
1.6-1A	Mean per individual per day.....	36
1.6-1B	Percentage of individuals using .....	37
	Food obtained and eaten away from home:	
1.6-2A	Mean per individual per day.....	38
1.6-2B	Percentage of individuals using .....	39
	<u>Nutrient Contributions by 15 Food Groups: Mean</u>	
	<u>percentage per individual over 4 nonconsecutive days,</u>	
	<u>low-income households, 1986 (tables 2.1A to 2.2C)</u>	
	<u>Children:</u>	
2.1A	All low-income .....	40
2.1B	Participating in the Food Stamp Program.....	42
2.1C	Not participating in the Food Stamp Program.....	44



Table Number	Table Title	Page
	Women:	
2.2A	All low-income .....	46
2.2B	Participating in the Food Stamp Program.....	48
2.2C	Not participating in the Food Stamp Program.....	50
	 <u>Nutrient Intakes: Mean per individual per day, 4 non- consecutive days, low-income households, 1986--by age, income level, race, region, urbanization, and Food Stamp Program status (tables 3.1 and 3.2)</u>	
3.1	Children .....	52
3.2	Women .....	56
	 <u>Nutrient Intakes at Selected Percentiles: 4 non- consecutive days, low-income households, 1986--by age, income level, region, and Food Stamp Program status (tables 4A to 4N)</u>	
4A	Food energy and protein .....	60
4B	Total fat and saturated fat .....	61
4C	Monounsaturated fat and polyunsaturated fat .....	62
4D	Cholesterol and carbohydrate .....	63
4E	Dietary fiber and vitamin A (IU) .....	64
4F	Vitamin A (RE) and carotenes .....	65
4G	Vitamin E and ascorbic acid .....	66
4H	Thiamin and riboflavin .....	67
4I	Niacin and vitamin B-6 .....	68
4J	Folacin and vitamin B-12 .....	69
4K	Calcium and phosphorus .....	70
4L	Magnesium and iron .....	71
4M	Zinc and copper.....	72
4N	Sodium and potassium .....	73

Table Number	Table Title	Page
	<u>Nutrient Intakes as Percentages of 1980 Recommended Dietary Allowances: Mean per individual per day, 4 nonconsecutive days, low-income households, 1986--by age, income level, race, region, urbanization, and Food Stamp Program status (tables 5.1 and 5.2)</u>	
5.1	Children .....	74
5.2	Women .....	76
	<u>Percentages of Individuals with Nutrient Intakes at Selected Levels of the 1980 Recommended Dietary Allowances: 4 nonconsecutive days, low-income households, 1986--by age, income level, region, and Food Stamp Program status (tables 6A to 6H)</u>	
6A	Food energy and protein .....	78
6B	Vitamin A (IU) and vitamin E .....	79
6C	Ascorbic acid and thiamin .....	80
6D	Riboflavin and niacin .....	81
6E	Vitamin B-6 and folacin .....	82
6F	Vitamin B-12 and calcium .....	83
6G	Phosphorus and magnesium .....	84
6H	Iron and zinc .....	85
	<u>Nutrient Intakes per 1,000 Kilocalories: Mean per individual over 4 nonconsecutive days, low-income households, 1986--by age, income level, race, region, urbanization, and Food Stamp Program status (tables 7.1 and 7.2)</u>	
7.1	Children .....	86
7.2	Women .....	90

Table Number	Table Title	Page
	<u>Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate: Mean percentage per individual over 4 nonconsecutive days, low-income households, 1986--by age, income level, race, region, urbanization, and Food Stamp Program status (tables 8.1 and 8.2)</u>	
8.1	Children .....	94
8.2	Women .....	95
	<u>Breakfast: Percentage of individuals reporting on specified number of days, 4 nonconsecutive days, low-income households, 1986--by age, income level, race, region, urbanization, and Food Stamp Program status (tables 9.1 and 9.2)</u>	
9.1	Children .....	96
9.2	Women .....	97
	<u>Nutrient Contribution of Breakfast: Mean percentage of nutrient intake per individual over 4 nonconsecutive days, low-income households, 1986--by age, income level, race, region, urbanization, and Food Stamp Program status (tables 10.1 and 10.2)</u>	
10.1	Children .....	98
10.2	Women .....	102



Table Number	Table Title	Page
	<u>Snacks: Percentage of individuals reporting on specified number of days, 4 nonconsecutive days, low-income households, 1986--by age, income level, race, region, urbanization, and Food Stamp Program status (tables 11.1 and 11.2)</u>	
11.1	Children .....	106
11.2	Women .....	107
	<u>Nutrient Contribution of Snacks: Mean percentage of nutrient intake per individual over 4 nonconsecutive days, low-income households, 1986--by age, income level, race, region, urbanization, and Food Stamp Program status (tables 12.1 and 12.2)</u>	
12.1	Children .....	108
12.2	Women .....	112
	<u>Food Obtained and Eaten Away from Home: Percentage of individuals reporting on specified number of days, 4 nonconsecutive days, low-income households, 1986--by age, income level, race, region, urbanization, and Food Stamp Program status (tables 13.1 and 13.2)</u>	
13.1	Children .....	116
13.2	Women .....	117

Table Number	Table Title	Page
	<u>Nutrient Contribution of Food Obtained and Eaten Away From Home: Mean percentage of nutrient intake per individual over 4 nonconsecutive days, low-income households, 1986--by age, income level, race, region, urbanization, and Food Stamp Program status (tables 14.1 and 14.2)</u>	
14.1	Children .....	118
14.2	Women .....	122
	<u>Characteristics of the Adult Female Respondents, low-income households, 1986 (tables 15.1A to 15.7B)</u>	
15.1A	Physiological status, employment status, and educational level .....	126
15.1B	Physiological status, employment status, and educational level, by Food Stamp Program status.....	127
15.2A	Physiological status and race .....	128
15.2B	Physiological status and race, by Food Stamp Program status .....	129
15.3A	Physiological status and household income as a percentage of poverty .....	130
15.3B	Physiological status and household income as a percentage of poverty, by Food Stamp Program status .....	131
15.4A	Physiological status and number of children 1 to 18 years of age in the household .....	132
15.4B	Physiological status and number of children 1 to 18 years of age in the household, by Food Stamp Program status .....	133

Table Number	Table Title	Page
15.5A	Physiological status and number of children 1 to 5 years of age in the household .....	134
15.5B	Physiological status and number of children 1 to 5 years of age in the household, by Food Stamp Program status .....	135
15.6A	Health status, smoking behavior, and physical activity .....	136
15.6B	Health status, smoking behavior, and physical activity, by Food Stamp Program status .....	137
15.7A	Height and weight .....	138
15.7B	Height and weight, by Food Stamp Program status .....	139
 <u>Characteristics of the Children's Mother/Caretaker, low-income households, 1986 (tables 16A and 16B)</u>		
16A	Age, employment status, and educational level .....	140
16B	Age, employment status, and educational level, by Food Stamp Program status .....	141
 <u>Distribution of Individuals by Characteristics of the Male Head of Household, low-income households, 1986 (tables 17.1A to 17.2B)</u>		
17.1A	Age and employment status .....	142
17.1B	Age and employment status, by Food Stamp Program status .....	143
17.2A	Educational level .....	144
17.2B	Educational level, by Food Stamp Program status .....	145

Table Number	Table Title	Page
	<u>Distribution of Individuals by Selected Household Characteristics, low-income households, 1986 (tables 18.1A to 18.5B)</u>	
18.1A	Urbanization and region .....	146
18.1B	Urbanization and region, by Food Stamp Program status .....	147
18.2A	Urbanization and race .....	148
18.2B	Urbanization and race, by Food Stamp Program status ..	149
18.3A	Region and race .....	150
18.3B	Region and race, by Food Stamp Program status.....	151
18.4A	Household income as a percentage of poverty and race .....	152
18.4B	Household income as a percentage of poverty and race, by Food Stamp Program status .....	153
18.5A	Household size and race .....	154
18.5B	Household size and race, by Food Stamp Program status .....	156
	<u>Household Size and Household Income as a Percentage of Poverty, 1986 (tables 19A and 19B)</u>	
19A	All low-income households .....	158
19B	Low-income households, by Food Stamp Program status .....	159

Table Number	Table Title	Page
	<u>Household Composition and Selected Household Characteristics, low-income households, 1986 (tables 20.1A to 20.4B)</u>	
20.1A	Race .....	160
20.1B	Race, by Food Stamp Program status .....	161
20.2A	Number of children 1 to 18 years of age in the household .....	162
20.2B	Number of children 1 to 18 years of age in the household, by Food Stamp Program status .....	162
20.3A	Number of children 1 to 5 years of age in the household .....	163
20.3B	Number of children 1 to 5 years of age in the household, by Food Stamp Program status .....	163
20.4A	Household income as a percentage of poverty .....	164
20.4B	Household income as a percentage of poverty, by Food Stamp Program status .....	165
	<u>Characteristics of the Household's Male Head and Household Income as a Percentage of Poverty, 1986 (tables 21A and 21B)</u>	
21A	All low-income households .....	166
21B	Low-income households, by Food Stamp Program status .....	167





# CSFII: Low-Income Women 19-50 Years and Their Children 1-5 Years, 4 Days, 1986

*by the Nutrition Monitoring Division  
Human Nutrition Information Service*

## Introduction

This publication provides data on 4 days of dietary intakes by low-income women 19 to 50 years of age and their children 1 to 5 years of age surveyed between April 1986 and March 1987. The data were collected by use of a 1-day dietary recall as part of the Continuing Survey of Food Intakes by Individuals, 1986, (CSFII 1986) conducted by the U.S. Department of Agriculture (USDA).

Individuals contacted as part of the CSFII 1986 were asked to provide 6 separate days (waves) of dietary data at intervals of approximately 2 months over a 1-year period. The first wave of data was collected in a personal interview; subsequent household interviews were collected by telephone, if possible. Not all of the women and children who provided the first 1-day recall completed all six waves. Of the women who participated in the first wave, 72 percent completed four waves, 64 percent completed five waves, and 45 percent completed all six waves.

This publication provides data on the dietary intakes by low-income women and their children who completed, in addition to the first 1-day recall, at least three additional 1-day recalls. Appendix A provides a discussion of the sampling, data collection, and

weighting of the data presented in this report; appendix B provides information on how the data were processed for presentation. Appendix C provides a discussion of the panel approach used in the CSFII, sample characteristics by level of participation, and variation in food and nutrient intakes by wave.

National Analysts (a division of Booz, Allen and Hamilton, Inc.), a private firm in Philadelphia, Pennsylvania, conducted the CSFII 1986 under contract with the Human Nutrition Information Service (HNIS), USDA. National Analysts designed the sample; collected the information; edited, coded, and keyed the data; converted food intake data into nutrient intake data; and prepared the final data tape. HNIS defined the information to be collected; provided technical information such as food codes, gram weights of household measures, and the nutrient composition of foods; and monitored all aspects of the contract. National Analysts also conducted the CSFII 1985.

The CSFII 1986 was designed as a stratified area probability sample in the 48 conterminous States. The sampling units were (1) the household and (2) individuals within a sample household. The household screening procedures were designed to provide two separate samples: (1) a sample of women 19 to 50 years of age of all incomes and their children 1 to 5 years of age, and (2) a sample of low-income women and their children in the same age ranges. This publication includes data from the sample of low-income women and their children.

Eligibility for this low-income survey was based on household income. Women 19 to 50 years of age and their children 1 to 5 years of age residing in households having income before taxes for the previous month at or below 130 percent of the appropriate poverty guideline (1) were eligible for participation.

This income level was selected because nonelderly households that have income at or below 130 percent of the poverty guidelines meet one of the criteria for participating in the Food Stamp Program (FSP). However, not all households meeting the income criterion are eligible for food stamps; other criteria, such as asset limitations, must also be met. This survey screened households for income level only, not for food stamp eligibility. Respondents reported whether or not they participated in the Food Stamp Program at each wave. In this report, individuals are classified by Food Stamp Program status based on their wave 1 response. (See appendix B for additional detail.) Tables 15.1B to 21B provide information on the characteristics of Food Stamp Program participants and nonparticipants. Readers are cautioned that this survey was designed to measure dietary intakes of the low-income population, not to measure the effectiveness of the Food Stamp Program. Factors other than program participation, such as income and the size or composition of the household, also influence dietary intake. In-depth analyses of the data would be needed to assess the effects of FSP participation more extensively than the summary statistics reported here.

This report is the last in a series providing results from the CSFII 1986. Previous publications in the CSFII 1986 series have provided data on 1-day dietary intakes by women and children of all incomes and by low-income women and children, and on 4-day dietary intakes by women and children of all incomes. (See inside back cover for a complete list of CSFII publications.)

The CSFII was initiated in 1985 to provide timely information on the adequacy of diets of selected population groups and to provide early indications of dietary changes. It is a major component of the National Nutrition Monitoring System, a set of related Federal activities intended to provide regular information on the nutritional status of the U.S. population (2). The CSFII complements the larger nationwide food consumption surveys conducted by USDA approximately every 10 years.



## Selected Results

### Food Intakes

Total food--During 4 days in 1986, low-income women's mean intake per day of meat, poultry, and fish was 158 grams (table 1.1-1A). The largest part of this intake was accounted for by meat mixtures<sup>1</sup> (68 grams), followed by beef (26 grams) and poultry (21 grams) reported separately. The mean intake of meat, poultry, and fish by children was 112 grams. As was true of women, children's intake of meat mixtures (47 grams) accounted for the largest part of the intake from this food group. All survey children and nearly all surveyed women ate meat, poultry, or fish at least once during the 4 surveyed days (table 1.1-1B). Meat mixtures was the subgroup reported by the highest proportion of the women (70 percent). Meat mixtures and frankfurters, sausages, and luncheon meats were the subgroups reported by the highest proportions of the children (76 percent and 74 percent, respectively).

The mean intake per day of milk and milk products by low-income women was 201 grams, including 90 grams of whole milk and 73 grams of lowfat and skim milk (table 1.2-1A). Low-income children's mean intake of milk and milk products was 439 grams, including 275 grams of whole milk and 116 grams of lowfat and skim

---

<sup>1</sup> Meat mixtures are mixtures having one or more types of meat, poultry, or fish as a major ingredient, such as stews, casseroles, sandwiches (including hamburgers), and frozen dinners. Mixtures that were coded as separate ingredients are not included here.

milk. About 92 percent of the women and almost all of the children used milk and milk products at least once during the 4 survey days (table 1.2-1B).

The mean intake per day of eggs by women was 23 grams and by children, 20 grams. Sixty-four percent of the women and 65 percent of the children ate eggs at least once during the 4 survey days.

The mean intake per day of legumes, nuts, and seeds was 23 grams for both women and children. Fifty-one percent of the women and 68 percent of the children ate legumes, nuts, or seeds at least once during the 4 survey days.

Women's mean intake per day of vegetables was 146 grams; children's mean intake was 97 grams (table 1.3-1A). Ninety-nine percent of the women and 97 percent of the children ate at least one vegetable item during the 4 survey days (table 1.3-1B).

Women had a mean intake per day of 100 grams of fruit. Of this intake, 55 grams were citrus fruits and juices (table 1.4-1A). Seventy-two percent of the women ate fruit at least once during the 4 surveyed days (table 1.4-1B). The mean intake of fruit by children was 157 grams; 70 grams were citrus fruits and juices. Ninety-one percent of the children ate fruit.

The mean intake per day of grain products was 191 grams for women and 215 grams for children (table 1.5-1A). Almost all of the women and all of the children ate grain products (table 1.5-1B).

The mean intake per day of fats and oils reported separately was 11 grams for women and 6 grams for children. These amounts do not include the fats and oils that are ingredients in other food items such as baked goods or fried foods. Fats and oils were reported separately by 89 percent of the women and 86 percent of the children.

The mean intake per day by women of sugars and sweets reported separately was 15 grams; the mean intake by children was 22 grams. These amounts do not include sugars that are ingredients in other food items, such as baked goods or soft drinks. Eighty percent of the women and 87 percent of the children ate at least one item from the sugars and sweets group during the 4 survey days.

The mean intake per day of beverages by women was 725 grams, including 257 grams of carbonated soft drinks, 275 grams of coffee, 112 grams of tea, and smaller amounts of alcoholic beverages and fruit drinks and ades (table 1.6-1A). The mean intake of beverages by children was 193 grams, including 88 grams of fruit drinks and ades and 81 grams of carbonated soft drinks. Ninety-nine percent of the women and 85 percent of the children had a beverage at least once during the 4 survey days (table 1.6-1B). Carbonated soft drinks was the category reported by the largest proportion of women (80 percent). Carbonated soft drinks were reported by 66 percent of the children, and fruit drinks and ades by 63 percent of the children.

Food obtained and eaten away from home--The proportion of the total food intake that was obtained

and eaten away from home varied by food group and subgroup is shown in text table A.

These proportions were calculated from the data presented in tables 1. The proportions of food eaten away from home by women were lowest for cereals and pastas; fluid milk; legumes, nuts, and seeds; and fruits. They were highest for alcoholic beverages and carbonated soft drinks. For children, the proportions of food eaten away from home were lowest for eggs; cereals and pastas; legumes, nuts, and seeds; and fruit drinks and ades. They were highest for carbonated soft drinks.

About 21 percent (33 of 158 grams) of the intake of meat, poultry, and fish by women was obtained and eaten away from home (table 1.1-2A). On one or more of the survey days, 55 percent of the women reported obtaining and eating meat, poultry, or fish away from home (table 1.1-2B). Meat mixtures was the meat subgroup obtained and eaten away from home by the largest proportion of women (31 percent), followed by beef (16 percent), by frankfurters, sausages, and luncheon meats (15 percent), and by poultry (14 percent). About 17 percent (19 of 112 grams) of the intake of meat, poultry, and fish by children was obtained and eaten away from home. Fifty-two percent of the children ate a meat, poultry, or fish item away from home on one or more of the survey days. Meat mixtures was the meat subgroup obtained and eaten away from home by the highest proportion of children (27 percent), followed by frankfurters, sausages, and luncheon meats (16 percent).

Text table A--Proportions of food intakes obtained and eaten away from home by low-income women and children, 4 nonconsecutive days, 1986

Food group/subgroup	Women	Children
	-----percent-----	
Meat, poultry, and fish .....	21	17
Beef .....	15	13
Pork .....	17	12
Frankfurters, sausages, luncheon meats .....	12	11
Poultry .....	19	12
Fish and shellfish .....	22	25
Meat mixtures .....	26	23
Milk and milk products .....	11	13
Fluid milk .....	8	12
Cream and milk desserts....	23	19
Eggs .....	13	5
Legumes, nuts, and seeds....	9	9
Vegetables .....	17	16
Fruits .....	9	11
Grain products .....	14	12
Cereals and pastas .....	4	7
Grain mixtures .....	16	13
Fats and oils .....	18	17
Sugars and sweets .....	27	18
Beverages .....	21	19
Fruit drinks and ades .....	11	9
Carbonated soft drinks .....	32	31
Alcoholic beverages .....	41	0

Thirty-seven percent of women and 49 percent of children ate or drank a milk product away from home on one or more of the survey days (table 1.2-2B). However, only 11 percent of the intake of milk and milk products (22 of 201 grams) by women and 13 percent of the intake (55 of 439 grams) by children was obtained and eaten away from home (table 1.2-2A).

Twenty-one percent of the total beverage intake (154 of 725 grams) by women and 19 percent of the intake (36 of 193 grams) by children was obtained and drunk away from home (table 1.6-2A). Among women, the proportion drinking any beverages away from home was 62 percent; 47 percent reported drinking carbonated soft drinks, and 22 percent reported drinking coffee (table 1.6-2B). Only 6 percent of the women reported drinking alcoholic beverages away from home, but 41 percent of the total intake of alcoholic beverages (11 of 27 grams) was drunk away from home. Among children, the proportion drinking any beverage away from home was 40 percent; 31 percent reported drinking carbonated soft drinks (table 1.6-2B).

Food intakes by region--Mean intakes per day and percentages of low-income women using selected foods in the four regions are shown in text table B. Low-income women in the Midwest had higher intakes of meat mixtures than did women in the Northeast and South. Women in the Northeast and the South had higher intakes of poultry than did women in the Midwest and the West.

Low-income women in the South had lower intakes of milk and milk products than did women in the other regions. Low-income women in the Midwest and the



Text table B--Mean intakes and percentages of low-income women 19 to 50 years using selected foods, by region,  
4 nonconsecutive days, 1986

Food group/subgroup	Northeast		Midwest		South		West	
	<u>grams</u>	<u>percent</u>	<u>grams</u>	<u>percent</u>	<u>grams</u>	<u>percent</u>	<u>grams</u>	<u>percent</u>
Meat, poultry, and fish .....	156	100	166	99	159	100	149	100
Meat mixtures .....	61	66	82	75	61	66	67	71
Beef .....	25	63	24	62	25	60	29	58
Frankfurters, sausages, and luncheon meats .....	16	63	19	68	17	66	11	60
Pork .....	12	43	12	45	13	58	11	50
Poultry.....	28	59	17	45	25	58	14	41
Fish and shellfish .....	8	24	6	21	11	26	10	34
Milk and milk products .....	192	95	255	93	139	88	241	96
Whole milk .....	114	73	75	38	92	61	83	54
Lowfat/skim milk .....	35	22	140	58	19	20	110	49
Cheese .....	13	64	13	60	8	49	16	71
Eggs .....	18	55	22	60	26	72	23	63
Legumes, nuts, and seeds.....	15	41	15	48	33	54	23	59
Vegetables .....	162	99	144	99	135	99	150	100
Fruits.....	113	76	100	69	83	69	115	75
Grain products .....	198	100	190	99	191	100	186	100
Grain mixtures .....	74	66	75	73	43	50	64	67
Cereals and pastas .....	49	65	31	64	72	69	34	60
Fats and oils .....	10	92	13	90	8	88	12	87
Sugars and sweets.....	17	86	15	71	12	79	19	84
Beverages.....	748	100	740	98	736	100	672	97
Alcoholic beverages.....	52	16	24	15	12	8	30	17
Coffee.....	342	73	308	55	204	57	288	62
Tea .....	86	44	86	33	164	56	85	38
Carbonated soft drinks .....	217	77	278	82	294	85	213	75

West had the highest intakes of milk and milk products. The type of milk drunk by low-income women varied by region.

Women in the Northeast and the South had higher intakes of whole milk than of lowfat and skim milk, whereas the opposite was true of the women in the Midwest and the West. Women in the South had higher intakes of legumes, nuts, and seeds than did women in the other regions. Women in the South had lower intakes of vegetables and fruits than did women in the Northeast and West. Intakes of grain products by women were similar in the four regions. However, women in the South had lower intakes of grain mixtures and higher intakes of cereals and pastas than women in the other regions. Low-income women in the South had a higher intake of tea than did women in the other regions. Women in the Midwest and the South had higher intakes of carbonated soft drinks than did women in the Northeast and the West.

The proportion of the total food intake that was obtained and eaten away from home by region is presented in text table C.

Food intakes by Food Stamp Program status--Women and children who lived in households that participated in the Food Stamp Program (FSP) had mean food intakes per day that were generally similar to or higher than those of women and children living in households that did not participate in the Food Stamp Program (NFSP), as shown in text table D and tables 1.1-1A to 1.6-2B. Exceptions for women were the intakes of milk and milk products, lowfat and skim milk, vegetables, tomatoes, bananas, noncitrus fruits and mixtures mainly fruit, other baked goods, and

tea, which were lower for FSP than NFSP women. Exceptions for children were the intakes of cream and milk desserts; deep yellow vegetables; non-citrus fruits, mixtures, and juices; apples; and tea, which were lower for FSP than NFSP children.

#### Nutrient Intakes

Nutrient contributions by 15 food groups--The contributions of foods in 15 groups to intakes of vitamins, minerals, and dietary components by low-income children and by low-income women are presented in tables 2.1 and 2.2, respectively. In 1986, the largest proportions of low-income women's intakes of food energy and carbohydrate were provided by grain products; whereas the largest proportions of their intakes of protein and fat were provided by meat, poultry, and fish, as shown on the next page.

Food group	Food energy	Protein	Fat	Carbo- hydrate
	-----percent-----			
Meat, poultry, fish .....	24	49	36	6
Milk and milk products ..	11	14	14	8
Eggs .....	3	5	6	*
Legumes, nuts, seeds .....	3	3	3	2
Grain products .....	29	21	21	39
Fats and oils .....	4	*	10	1
Sugars and sweets .....	3	*	1	5
Vegetables and fruits ...	14	7	10	21
Beverages .....	10	*	*	18

\* Value 0.5 percent or less but greater than 0.

Notes: Mixtures coded as a unit are included in group of main ingredient.

Columns may not sum to 100 because of rounding.

Similarly, low-income children obtained the largest proportions of their food energy and carbohydrate intakes from grain products and the largest proportion of their protein from meat, poultry, and fish. However, the largest proportion of children's fat intake was provided by milk and milk products.

Food energy intake--Intakes of food energy and nutrients by children and women are presented in tables 3.1 and 3.2, respectively. For both children and women, energy and nutrient intakes at specified percentiles (10th, 25th, 50th, 75th, and 90th percentiles) are provided in tables 4A through 4N.

In 1986, the mean daily food energy intake by low-income women over 4 days was 1,424 kilocalories (table 3.2); the median intake over 4 days was 1,363 kilocalories (table 4A). Ten percent of the women surveyed had mean daily food energy intakes at or below 791 kilocalories and 10 percent had intakes at or above 2,089 kilocalories (table 4A), as shown below.

Characteristic	Food energy intakes		
	10th percentile	50th percentile (median)	90th percentile
-----kilocalories-----			
Age:			
19-34 .....	837	1,399	2,172
35-50 .....	749	1,305	1,916
Region:			
Northeast .....	826	1,338	1,981
Midwest .....	828	1,399	2,118
South .....	751	1,305	2,145
West .....	865	1,408	2,089
Food Stamp status:			
Participating .....	734	1,335	2,018
Not participating ..	864	1,374	2,158
All women .....	791	1,363	2,089

Text table C--Proportions of food intakes obtained and eaten away from home by region, low-income women 19 to 50 years, 4 nonconsecutive days, 1986

Food group/subgroup*	Northeast	Midwest	South	West
	-----percent-----			
Meat, poultry, and fish .....	21	18	23	22
Milk and milk products .....	15	8	11	12
Eggs .....	11	27	12	9
Legumes, nuts, and seeds .....	**	13	9	9
Vegetables .....	14	17	17	21
Fruits .....	9	7	10	10
Grain products .....	15	15	13	13
Fats and oils .....	20	15	12	17
Sugars and sweets .....	12	33	25	26
Beverages .....	22	21	21	22
Alcoholic beverages .....	23	71	25	47
Coffee .....	17	13	12	16
Tea .....	14	12	15	13
Fruit drinks and ades .....	12	16	6	16
Carbonated soft drinks .....	35	28	34	30

\* Mixtures coded as a unit are included in group of main ingredient.

\*\* Less than 0.5 grams eaten away from home.

Text table D--Mean intakes and percentages of low-income women using selected foods and proportions of food intakes obtained and eaten away from home, by Food Stamp Program status, 4 nonconsecutive days, 1986

Food group/subgroup	Participating			Not participating		
	Mean intake per day	Individuals using at least once in 4 days	Proportion of intake obtained and eaten away	Mean intake per day	Individuals using at least once in 4 days	Proportion of intake obtained and eaten away
	<u>grams</u>	<u>percent</u>	<u>percent</u>	<u>grams</u>	<u>percent</u>	<u>percent</u>
Meat, poultry, and fish .....	159	100	18	157	100	24
Meat mixtures .....	70	70	24	66	69	27
Beef.....	27	58	15	25	63	20
Frankfurters, sausages, and luncheon meats .....	17	66	12	15	63	20
Pork .....	13	53	8	12	48	17
Poultry.....	20	49	10	22	53	27
Fish and shellfish .....	8	25	12	10	27	20
Milk and milk products .....	184	91	10	215	93	11
Whole milk.....	88	60	10	92	53	9
Lowfat/skim milk .....	61	34	3	82	38	6
Cream and milk desserts .....	11	29	18	13	41	31
Cheese .....	11	54	18	12	64	17
Eggs .....	23	66	9	23	63	17
Legumes, nuts, and seeds.....	24	51	8	22	51	9
Vegetables .....	137	99	13	152	99	20
Fruits.....	97	72	7	103	72	10
Grain products .....	190	99	11	191	100	16
Grain mixtures .....	67	61	10	58	63	21
Cereals and pastas .....	50	62	4	48	67	4
Fats and oils .....	10	89	10	11	89	18
Sugars and sweets .....	14	78	21	16	81	25
Beverages.....	710	99	16	736	98	25
Alcoholic beverages.....	22	9	45	31	16	35
Coffee.....	285	61	11	267	61	18
Carbonated soft drinks .....	257	80	25	257	81	37



Intakes as percentages of 1980 Recommended Dietary Allowances--Nutrient intakes as percentages of the 1980 Recommended Dietary Allowances (RDA) are presented in tables 5.1 and 5.2 for children and for women, respectively. The mean food energy intake per day by low-income women was 70 percent of the 1980 RDA. Mean intakes of 8 out of 15 nutrients by low-income women equaled or exceeded the RDA. Intakes by women were lower than the RDA for vitamin E (76 percent), vitamin B-6 (54 percent), folacin (45 percent), calcium (70 percent), magnesium (60 percent), iron (54 percent), and zinc (54 percent).

Intakes of those nutrients were below the RDA for low-income women of all races, regions, and urbanizations and regardless of Food Stamp Program status (text table E). Intakes of vitamin E, vitamin B-6, calcium, magnesium, iron, and zinc were lower for black women than for white women.

Low-income children's mean food energy intake was 100 percent of the RDA, and their mean intakes of 13 out of 15 nutrients exceeded the RDA. Children's intakes of iron and zinc were below the RDA (84 percent and 81 percent, respectively).

The percentages of low-income women and children with intakes at four levels of the RDA (below 50 percent, 50 to 69 percent, 70 to 99 percent, and 100 percent and over) are presented in tables 6A to 6H. At least half of the women had intakes at or above 100 percent of the RDA for four nutrients: protein, niacin, vitamin B-12, and phosphorus (text table F). Twenty-five percent or fewer of the women in either age group, any of the regions, or either of the Food Stamp Program status categories had intakes

that met the RDA for vitamin E, vitamin B-6, folacin, magnesium, iron, and zinc. At least half of the children from low-income households had intakes at or above 100 percent of the RDA for most nutrients. Exceptions were vitamin E (39 percent), iron (29 percent), and zinc (21 percent). Only 44 percent of the low-income children had food energy intakes at or above 100 percent of the RDA.

Mean intakes below the RDA do not necessarily mean that individuals in the group were malnourished. Nutrient requirements for individuals differ, and the RDA are set high enough to meet the requirements of nearly all healthy individuals in a given sex and age group. Thus, the RDA for nutrients exceed the requirements of many individuals. Although intakes below the RDA for a nutrient are not necessarily inadequate, the risk of some individuals having inadequate intakes increases as the mean intake for the group falls further below the RDA (3).

Nutrient sources of food energy--The percentages of food energy provided by protein; total fat; saturated, monounsaturated, and polyunsaturated fatty acids; and carbohydrate in diets of children and women are shown in tables 8.1 and 8.2, respectively. The percentage of low-income women's food energy provided by protein was 17 percent; by fat, 36 percent; and by carbohydrate, 47 percent. Saturated and monounsaturated fat provided nearly equal percentages of the food energy by women over the 4 survey days (13 percent and 14 percent, respectively), and polyunsaturated fat provided a smaller percentage (7 percent). The percentages of food energy provided by protein, fat, and carbohydrate for FSP women were similar to those for NFSP women.

Text table E--Low-income women 19-50 years of age: Mean intakes of nutrients below the 1980 Recommended Dietary Allowances, by selected characteristics, 4 nonconsecutive days, 1986

Characteristic	Vita- min E	Vitamin B-6	Folacin	Calcium	Magne- sium	Iron	Zinc
	-----percentage of RDA-----						
All low-income women..	76	54	45	70	60	54	54
Race:							
White .....	80	55	45	76	63	55	54
Black .....	59	48	41	52	49	48	48
Region:							
Northeast .....	68	55	41	67	60	52	51
Midwest .....	81	55	43	79	63	56	55
South .....	67	49	44	59	56	52	52
West .....	90	56	50	77	64	57	56
Urbanization:							
Central cities .....	75	53	45	69	58	52	53
Suburban areas .....	72	53	44	69	61	54	55
Nonmetropolitan areas	80	54	44	71	62	55	53
Food Stamp status:							
Participating .....	75	52	44	67	59	53	54
Not participating ....	76	55	45	72	62	55	54

Text table F --Percentage of low-income women with nutrient intakes at selected levels of the 1980 Recommended Dietary Allowances, 4 nonconsecutive days, 1986

Nutrient	RDA levels			
	Below 50%	50-69%	70-99%	100% and over
	-----percentage of women*-----			
Protein.....	2	6	19	73
Vitamin A (IU).....	34	16	16	34
Vitamin E .....	39	20	23	18
Ascorbic acid.....	21	15	18	47
Thiamin .....	10	15	30	45
Riboflavin .....	11	17	27	45
Niacin .....	5	12	27	56
Vitamin B-6 .....	52	26	16	6
Folacin .....	70	18	9	3
Vitamin B-12 .....	10	14	23	53
Calcium.....	34	22	25	19
Phosphorus.....	6	10	27	57
Magnesium.....	37	31	25	7
Iron.....	48	32	16	4
Zinc.....	49	31	16	4

\*Rows may not sum to 100 because of rounding.

Low-income children obtained 16 percent of their food energy from protein, 36 percent from fat, and 49 percent from carbohydrate. Over the 4 survey days, saturated fat provided 15 percent of children's food energy; monounsaturated fat, 13 percent, and polyunsaturated fat, 6 percent.

### Eating Patterns

Breakfast--In 1986, 45 percent of the low-income women and 89 percent of the children in low-income households ate breakfast (see glossary) on all 4 survey days (tables 9.1 to 9.2). Ninety-six percent of the women and all of the children ate breakfast on at least one of the 4 days.

Breakfast contributed 17 percent of low-income women's food energy and 22 percent of low-income children's food energy (tables 10.1 to 10.2). For women, the contribution of breakfast to intakes ranged from 8 percent of carotenes to 20 percent or more of cholesterol, vitamin A (IU and RE), ascorbic acid, thiamin, riboflavin, folacin, vitamin B-12, calcium, magnesium, and iron. For children, the contribution of breakfast ranged from 10 percent of carotenes to 35 percent or more of vitamin A (RE), thiamin, riboflavin, vitamin B-6, folacin, vitamin B-12, and iron.

Snacks--Thirty-two percent of the women and 37 percent of the children ate at least one snack on all 4 days (tables 11.1 to 11.2). Ninety-three

percent of the low-income women and 98 percent of the low-income children ate a snack (see glossary) at least once in 4 days (tables 12.1 and 12.2). Snacks contributed 14 percent of women's food energy and 7 to 18 percent of their nutrient intake. Snacks contributed 17 percent of children's food energy and 8 to 20 percent of their nutrient intake.

Food obtained and eaten away from home--Food was obtained and eaten away from home on all 4 days by 9 percent of the women and 5 percent of the children (tables 13.1 to 13.2). Seventy-two percent of the low-income women and 69 percent of the children obtained and ate food away from home at least once in 4 days (tables 14.1 to 14.2). Food obtained and eaten away from home contributed 19 percent of women's food energy and 15 to 20 percent of their nutrient intake. Food eaten away from home contributed 14 percent of children's food energy and 10 to 15 percent of their nutrient intake.

## Tables

†

Table 1.1-1A.--Meat, Poultry, Fish: Mean Intake per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1986

## Total Food

		Total					Frankfurters,	Poultry			
Age, Income Level,	Individuals:	Meat,	Beef	Pork	Lamb,	Organ	Sausages,		Fish and	Mixtures	
Region, and Food Stamp		Poultry,			Veal,	Meats	Luncheon		Shellfish	Mainly	
Program Status		Fish			Game		Meats	Total	Chicken:	Poultry,	
										Fish	
	Number	-----Grams-----									
All Children.....	534	112	15	8	1	1	18	16	14	4	47
Age:											
1-3.....	309	106	14	7	1	1	18	16	14	3	44
4-5.....	225	119	16	9	1	(*)	19	16	14	5	50
Income Level:											
0-75% Poverty.....	244	118	13	10	2	1	20	18	16	4	48
76-130% Poverty.....	151	109	16	6	(*)	(*)	18	16	15	4	49
Over 130% Poverty....	67	107	20	7	1	(*)	21	11	10	6	38
0-100% Poverty.....	323	118	13	9	1	1	20	18	16	3	49
0-130% Poverty.....	396	115	14	8	1	1	19	17	15	4	48
Region:											
Northeast.....	112	110	14	7	2	(*)	18	17	16	4	44
Midwest.....	148	116	16	7	1	(*)	22	11	10	4	54
South.....	170	113	15	8	1	2	17	22	19	4	41
West.....	103	105	16	10	1	(*)	15	11	10	3	48
Food Stamp Status:											
Participating.....	281	117	14	9	1	1	22	17	15	4	48
Not Participating....	252	106	17	7	1	1	15	14	13	4	45
All Women.....	966	158	26	12	1	1	16	21	18	9	68
Age:											
19-34.....	598	160	25	12	1	2	17	21	19	7	71
35-50.....	367	154	27	13	1	1	14	21	18	12	62
Income Level:											
0-75% Poverty.....	420	161	24	14	1	1	17	22	20	9	68
76-130% Poverty.....	320	156	27	11	1	1	14	21	17	8	70
Over 130% Poverty....	137	159	23	12	(*)	1	18	19	16	12	70
0-100% Poverty.....	581	160	25	13	1	1	17	22	19	8	69
0-130% Poverty.....	740	159	25	13	1	1	16	22	19	9	69
Region:											
Northeast.....	183	156	25	12	1	1	16	28	27	8	61
Midwest.....	240	166	24	12	1	1	19	17	13	6	82
South.....	323	159	25	13	(*)	2	17	25	22	11	61
West.....	220	149	29	11	2	(*)	11	14	11	10	67
Food Stamp Status:											
Participating.....	420	159	27	13	1	1	17	20	18	8	70
Not Participating....	545	157	25	12	1	1	15	22	19	10	66

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.



Table 1.1-1B.--Meat, Poultry, Fish: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, Low-Income Households, 1986

Total Food

		Total	Meat	Poultry	Beef	Pork	Lamb	Organ	Meats	Frankfurters, Sausages, Luncheon Meats	Poultry	Fish and Shellfish	Mixtures Mainly Meat, Poultry, Fish
Age, Income Level, Region, and Food Stamp Program Status	Individuals												
		Number	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent
All Children.....	534	100.0	53.8	41.7	5.3	3.9	74.5	54.3	50.9	19.4	76.2		
Age:													
1-3.....	309	100.0	55.2	41.8	5.2	5.2	75.0	55.2	52.2	18.2	74.7		
4-5.....	225	100.0	51.8	41.7	5.5	2.1	73.9	53.0	49.0	21.0	78.2		
Income Level:													
0-75% Poverty.....	244	100.0	49.0	47.7	8.4	5.2	77.6	56.9	51.3	18.5	75.3		
76-130% Poverty.....	151	100.0	53.3	37.1	2.4	1.4	73.9	55.7	53.6	18.1	81.5		
Over 130% Poverty....	67	100.0	64.2	35.2	3.2	2.8	74.8	47.7	45.3	29.7	76.0		
0-100% Poverty.....	323	100.0	48.3	46.6	6.8	4.2	76.8	56.3	51.3	17.2	74.1		
0-130% Poverty.....	396	100.0	50.7	43.6	6.1	3.8	76.2	56.4	52.2	18.3	77.6		
Region:													
Northeast.....	112	100.0	55.6	36.2	7.2	1.8	73.7	60.3	57.8	19.8	73.4		
Midwest.....	148	100.0	47.3	32.9	6.7	1.5	82.9	43.9	37.3	20.5	83.7		
South.....	170	100.0	57.0	49.3	3.6	8.4	70.2	68.3	66.2	19.4	68.1		
West.....	103	100.0	55.7	48.0	4.2	2.2	70.7	39.7	37.4	17.2	81.7		
Food Stamp Status:													
Participating.....	281	100.0	48.6	48.8	5.6	4.0	79.1	52.3	47.9	19.8	74.5		
Not Participating....	252	100.0	59.5	33.8	5.1	3.7	69.5	56.6	54.1	18.8	78.0		
All Women.....	966	99.7	60.7	50.0	2.8	3.6	64.3	51.2	45.3	26.2	69.5		
Age:													
19-34.....	598	100.0	62.5	46.2	2.8	4.8	65.5	49.9	44.1	23.0	73.1		
35-50.....	367	99.1	57.9	56.2	2.8	1.6	62.3	53.2	47.1	31.5	63.7		
Income Level:													
0-75% Poverty.....	420	99.5	56.5	52.8	4.2	3.9	65.9	51.0	46.4	25.1	66.7		
76-130% Poverty.....	320	99.7	64.0	48.3	2.5	3.0	61.6	53.0	44.8	26.2	74.1		
Over 130% Poverty....	137	100.0	61.9	50.6	.4	5.2	66.4	51.4	45.1	31.4	68.7		
0-100% Poverty.....	581	99.4	58.2	52.0	3.9	3.5	64.6	51.0	45.9	24.9	67.9		
0-130% Poverty.....	740	99.6	59.7	50.9	3.4	3.5	64.1	51.9	45.7	25.6	69.9		
Region:													
Northeast.....	183	100.0	62.6	42.8	3.4	3.1	62.6	59.3	56.3	24.5	66.1		
Midwest.....	240	99.3	62.3	45.4	2.2	2.3	67.8	45.3	35.9	20.8	75.1		
South.....	323	99.9	60.2	57.6	1.6	5.8	65.8	57.8	54.0	26.0	66.3		
West.....	220	99.5	58.3	50.0	4.6	2.1	59.9	41.2	33.5	33.9	70.8		
Food Stamp Status:													
Participating.....	420	99.5	57.7	53.1	3.0	3.6	65.5	49.0	43.1	24.7	70.2		
Not Participating....	545	99.8	63.1	47.7	2.6	3.6	63.4	52.9	46.9	27.4	69.0		

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Food Obtained and Eaten Away From Home

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.



Table 1.1-2B.--Meat, Poultry, Fish: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, Low-Income Households, 1986

Food Obtained and Eaten Away From Home

	:	:	:	:	:	:	:	:	:	:	:
Age, Income Level,	:	:	Total	:	:	:	:	Frankfurters,	:	:	Mixtures
Region, and Food Stamp	:	:	Meat,	:	:	Lamb,	Organ	Sausages,	:	Poultry	:
Program Status	Individuals:	Poultry,	Beef	Pork	Veal,	Meats	Luncheon	Meats	:	Fish and	Mainly
	:	Fish	:	:	Game	:	:	:	:	Shellfish	Meat,
	:	:	:	:	:	:	:	:	Total	Chicken:	Poultry,
	:	:	:	:	:	:	:	:	:	:	Fish
	:	:	:	:	:	:	:	:	:	:	:
	Number	Percent									
All Children.....	534	52.5	11.9	6.4	0.0	0.5	16.5	10.9	9.5	3.4	26.9
Age:											
1-3.....	309	44.8	10.6	6.3	.0	.8	14.5	9.6	9.4	2.7	20.6
4-5.....	225	63.1	13.7	6.6	.0	.0	19.3	12.6	9.5	4.4	35.6
Income Level:											
0-75% Poverty.....	244	49.8	13.7	6.1	.0	1.0	12.0	9.1	7.1	1.7	24.7
76-130% Poverty.....	151	58.8	7.5	6.2	.0	.0	23.2	15.0	13.2	5.8	30.4
Over 130% Poverty....	67	44.5	7.4	4.7	.0	.0	16.2	11.9	11.9	4.0	31.3
0-100% Poverty.....	323	53.1	11.9	6.8	.0	.8	15.8	10.6	8.4	3.6	26.5
0-130% Poverty.....	396	53.3	11.3	6.1	.0	.6	16.3	11.4	9.5	3.3	26.9
Region:											
Northeast.....	112	52.3	6.4	4.1	.0	.6	19.0	6.7	5.2	2.4	25.5
Midwest.....	148	55.8	13.5	8.0	.0	1.2	20.8	13.7	11.0	4.3	22.1
South.....	170	47.6	15.0	7.8	.0	.0	12.8	12.6	12.3	4.8	26.0
West.....	103	56.2	10.5	4.3	.0	.0	13.8	8.6	7.3	1.0	36.8
Food Stamp Status:											
Participating.....	281	48.1	9.9	7.3	.0	.9	17.6	9.8	7.3	4.2	23.3
Not Participating....	252	57.5	14.1	5.4	.0	.0	15.4	12.1	11.9	2.5	30.9
All Women.....	966	54.8	15.9	10.5	.7	.6	15.3	13.7	10.5	6.7	30.8
Age:											
19-34.....	598	56.0	17.0	9.7	1.0	.8	17.5	13.9	10.4	4.8	32.9
35-50.....	367	52.7	14.1	11.7	.3	.2	11.8	13.3	10.8	9.8	27.6
Income Level:											
0-75% Poverty.....	420	50.0	14.1	10.1	1.4	.0	12.0	10.9	8.6	5.6	31.4
76-130% Poverty.....	320	58.5	16.2	11.4	.2	1.4	16.9	16.0	11.8	7.2	33.9
Over 130% Poverty....	137	57.6	17.2	7.0	.0	.7	17.8	18.2	15.1	10.4	26.2
0-100% Poverty.....	581	51.5	14.2	9.6	1.0	.3	13.5	10.9	8.2	5.5	31.8
0-130% Poverty.....	740	53.7	15.0	10.7	.9	.6	14.1	13.1	10.0	6.3	32.5
Region:											
Northeast.....	183	53.2	11.1	6.6	1.7	.6	20.8	11.9	9.8	6.9	30.2
Midwest.....	240	54.6	17.4	10.4	.0	.0	17.1	14.4	11.3	3.1	28.0
South.....	323	58.0	17.4	11.8	.3	.8	16.1	12.6	11.0	7.7	33.8
West.....	220	51.5	16.0	11.8	1.2	.8	7.7	16.0	9.6	9.0	30.2
Food Stamp Status:											
Participating.....	420	49.6	12.2	8.8	.7	.5	12.7	7.7	5.8	4.9	30.5
Not Participating....	545	58.7	18.7	11.8	.7	.6	17.4	18.3	14.2	8.1	31.1

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 1.2-1A.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Mean Intake per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1986

Total Food

Age, Income Level, Region, and Food Stamp Program Status	:	:	Milk and Milk Products							:	:
	:	:	:	:	:	:	:	:	:	:	
	:	:	:	:	:	:	:	:	:	:	
	:	:	:	:	:	:	:	:	:	:	
	Individuals:	Total	Total	Fluid Milk			Yogurt	Cream	Cheese	Eggs	Legumes, Nuts, Seeds
		Milk and	Milk and								
		Milk Products:	Milk Products:					Milk			
				Total:	Whole:	Lowfat/Skim:		Desserts:			

Table 1.2-1B.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Percentage of Individuals Using at Least Once,  
4 Nonconsecutive Days, Low-Income Households, 1986

Total Food

Age, Income Level, Region, and Food Stamp Program Status	:	:	Milk and Milk Products						:	:
	:	:							:	:
	:	:							:	:
	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:
	Individuals:	Total	Fluid Milk				Cream		Eggs	Legumes, Nuts, Seeds
		Milk and					and	Cheese		
		Milk Products:					Milk			
			Total:Whole:	Lowfat/Skim:			Desserts:			
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:	:	:	:	:	:	:
			:	:						

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 1.2-2A.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Mean Intake per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1986

Food Obtained and Eaten Away From Home

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Milk and Milk Products								Eggs	Legumes, Nuts, Seeds
		Total	Total	Fluid Milk			Yogurt	Cream	Cheese		
		Milk and	Milk and					and			
		Milk Products	Milk Products	Total	Whole	Lowfat/Skim	Desserts				
		Calcium Equivalent		Grams							
All Children.....	534	55	59	46	37	8	(*)	3	1	1	2
Age:											
1-3.....	309	33	37	29	21	8	0	3	1	1	2
4-5.....	225	84	89	68	59	9	(*)	3	1	1	3
Income Level:											
0-75% Poverty.....	244	43	45	34	32	2	(*)	3	(*)	1	2
76-130% Poverty.....	151	66	72	56	38	18	0	4	2	1	4
Over 130% Poverty....	67	55	59	45	37	8	0	3	1	(*)	1
0-100% Poverty.....	323	52	55	43	36	7	(*)	4	1	1	3
0-130% Poverty.....	396	52	55	43	34	8	(*)	3	1	1	3
Region:											
Northeast.....	112	48	51	40	39	1	0	3	1	(*)	2
Midwest.....	148	63	68	50	29	21	0	5	1	1	3
South.....	170	56	58	47	46	1	0	2	1	1	2
West.....	103	49	54	42	32	10	(*)	2	1	1	3
Food Stamp Status:											
Participating.....	281	50	53	43	34	9	(*)	3	1	1	2
Not Participating....	252	60	65	49	40	8	0	3	1	1	3
All Women.....	966	22	30	13	9	4	(*)	3	2	3	2
Age:											
19-34.....	598	27	37	16	11	6	(*)	4	2	2	2
35-50.....	367	14	20	6	5	1	(*)	2	1	5	3
Income Level:											
0-75% Poverty.....	420	16	22	8	6	2	(*)	2	1	2	2
76-130% Poverty.....	320	31	44	20	14	6	1	4	3	3	3
Over 130% Poverty....	137	18	23	8	3	4	(*)	3	1	5	3
0-100% Poverty.....	581	21	28	12	9	3	(*)	3	2	2	2
0-130% Poverty.....	740	23	31	13	9	4	(*)	3	2	3	2
Region:											
Northeast.....	183	28	36	16	13	3	1	4	2	2	(*)
Midwest.....	240	21	30	12	6	6	0	4	2	6	2
South.....	323	15	20	8	7	1	(*)	1	2	3	3
West.....	220	29	42	18	10	7	1	3	3	2	2
Food Stamp Status:											
Participating.....	420	19	26	12	9	2	(*)	2	2	2	2
Not Participating....	545	24	34	13	8	5	(*)	4	2	4	2

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 1.2-2B.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Percentage of Individuals Using at Least Once,  
4 Nonconsecutive Days, Low-Income Households, 1986

Food Obtained and Eaten Away From Home

	:	:	Milk and Milk Products						:	:
	:	:							:	:
Age, Income Level,	:	:	:	:	:	:	:	:	:	Legumes,
Region, and Food Stamp	Individuals:	Total	Fluid Milk		:	:	Cream	:	Eggs	Nuts,
Program Status	:	Milk and			Yogurt	and	Cheese	:		Seeds
	:	Milk Products:	:	:	:	Milk	:	:	:	
	:	Total:	Whole:	Lowfat/Skim:	:	Desserts:	:	:	:	
	:	:	:	:	:	:	:	:	:	
	Number	-----Percent-----								
All Children.....	534	49.4	39.5	33.2	9.8	0.4	13.5	10.3	4.6	14.8
Age:										
1-3.....	309	37.9	30.8	25.2	9.5	.0	13.1	7.6	3.9	12.3
4-5.....	225	65.2	51.6	44.1	10.2	1.0	14.0	14.1	5.5	18.2
Income Level:										
0-75% Poverty.....	244	45.3	33.9	29.1	5.0	.6	13.1	8.4	3.0	12.9
76-130% Poverty.....	151	56.0	49.3	38.8	19.9	.0	15.9	13.7	8.1	19.2
Over 130% Poverty....	67	46.3	33.3	30.0	3.3	.0	14.0	7.3	2.1	9.3
0-100% Poverty.....	323	48.7	38.8	32.0	8.6	.4	13.8	10.8	4.1	17.1
0-130% Poverty.....	396	49.4	39.8	32.8	10.7	.4	14.2	10.4	4.9	15.3
Region:										
Northeast.....	112	48.1	34.7	30.8	3.9	.0	11.2	8.4	2.1	12.8
Midwest.....	148	58.0	43.5	29.4	23.4	.0	20.9	13.8	4.8	21.9
South.....	170	42.6	37.3	37.0	1.3	.0	8.9	7.5	4.9	11.0
West.....	103	49.9	42.9	34.9	10.8	2.1	12.8	12.1	6.5	13.1
Food Stamp Status:										
Participating.....	281	44.0	38.1	30.5	10.5	.8	10.7	11.0	4.8	14.1
Not Participating....	252	55.5	41.2	36.1	9.1	.0	16.6	9.6	4.4	15.6
All Women.....	966	37.4	16.3	12.7	5.0	.7	14.0	18.0	10.2	8.2
Age:										
19-34.....	598	39.9	18.2	13.5	6.8	.6	16.3	19.4	8.4	6.8
35-50.....	367	33.4	13.1	11.5	2.1	.8	10.3	15.6	13.1	10.5
Income Level:										
0-75% Poverty.....	420	29.1	10.8	9.1	2.2	.3	10.6	11.8	8.6	6.4
76-130% Poverty.....	320	45.4	22.7	17.8	8.0	1.2	16.4	23.1	11.0	9.5
Over 130% Poverty....	137	40.3	15.4	9.6	6.2	.6	19.5	17.4	9.8	10.8
0-100% Poverty.....	581	32.3	13.8	11.0	3.2	.5	11.8	13.5	8.4	7.3
0-130% Poverty.....	740	36.2	16.0	12.8	4.7	.7	13.1	16.7	9.7	7.8
Region:										
Northeast.....	183	44.6	22.5	19.4	3.4	1.4	16.4	16.5	6.6	2.7
Midwest.....	240	38.0	13.3	7.8	8.3	.0	17.0	19.5	14.1	7.6
South.....	323	29.0	11.3	10.4	1.6	.3	8.2	13.9	11.8	11.2
West.....	220	43.1	21.7	16.0	7.9	1.5	17.4	23.5	6.5	9.2
Food Stamp Status:										
Participating.....	420	30.5	14.1	12.0	2.9	.6	8.9	13.6	7.6	6.5
Not Participating....	545	42.7	18.0	13.2	6.7	.7	18.0	21.3	12.2	9.6

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.



Table 1.3-1A.--Vegetables: Mean Intake per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1986

## Total Food

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Total Vegetables and Fruits	Total Vegetables	White Potatoes	Dark-Green Tomatoes Vegetables	Deep-Yellow Vegetables	Other Vegetables
	Number						
All Children.....	534	254	97	38	13	4	38
Age:							
1-3.....	309	246	93	37	12	4	37
4-5.....	225	265	103	40	16	4	39
Income Level:							
0-75% Poverty.....	244	250	101	40	12	4	43
76-130% Poverty.....	151	271	93	37	16	4	32
Over 130% Poverty....	67	254	88	30	14	3	35
0-100% Poverty.....	323	257	103	41	14	3	42
0-130% Poverty.....	396	258	98	39	13	4	39
Region:							
Northeast.....	112	283	110	47	19	2	38
Midwest.....	148	278	100	38	12	4	40
South.....	170	204	85	32	11	5	36
West.....	103	271	97	37	12	4	40
Food Stamp Status:							
Participating.....	281	249	106	45	12	4	43
Not Participating....	252	260	86	30	15	3	33
All Women.....	966	246	146	50	22	8	61
Age:							
19-34.....	598	238	139	50	20	8	57
35-50.....	367	260	157	49	26	8	68
Income Level:							
0-75% Poverty.....	420	249	149	51	21	7	67
76-130% Poverty.....	320	235	141	48	24	8	56
Over 130% Poverty....	137	253	145	48	20	9	59
0-100% Poverty.....	581	244	146	50	22	7	62
0-130% Poverty.....	740	243	146	50	22	7	62
Region:							
Northeast.....	183	275	162	61	25	9	64
Midwest.....	240	244	144	54	20	8	58
South.....	323	218	135	44	19	10	58
West.....	220	265	150	45	27	4	67
Food Stamp Status:							
Participating.....	420	234	137	47	19	8	60
Not Participating....	545	255	152	52	25	8	62

NOTE: See "Table Notes."

SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 1.3-1B.--Vegetables: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, Low-Income Households, 1986

## Total Food

Age, Income Level, Region, and Food Stamp Program Status	:	:	:	:	:	:	:	:
	:	Total	Total	White		Dark-Green	Deep-Yellow	Other
	:	Individuals	Vegetables	Potatoes	Tomatoes	Vegetables	Vegetables	Vegetables
	:	:	and Fruits	:	:	:	:	:
	:	:	:	:	:	:	:	:
	Number	Percent						
All Children.....	534	100.0	97.3	84.4	65.0	15.5	22.2	85.9
Age:								
1-3.....	309	100.0	98.5	85.0	63.9	14.4	20.0	86.9
4-5.....	225	100.0	95.6	83.5	66.4	17.0	25.1	84.5
Income Level:								
0-75% Poverty.....	244	100.0	98.2	85.2	64.8	13.8	18.4	84.1
76-130% Poverty.....	151	100.0	96.5	83.2	61.5	12.9	21.6	85.4
Over 130% Poverty....	67	100.0	94.5	82.6	71.7	24.8	34.9	84.1
0-100% Poverty.....	323	100.0	97.7	85.1	63.1	11.9	18.7	85.0
0-130% Poverty.....	396	100.0	97.6	84.4	63.6	13.5	19.7	84.6
Region:								
Northeast.....	112	100.0	97.3	93.1	71.7	9.5	17.5	81.1
Midwest.....	148	100.0	96.4	84.8	66.0	13.1	37.3	85.7
South.....	170	100.0	97.9	79.2	59.6	21.5	12.0	87.4
West.....	103	100.0	97.6	82.7	64.9	15.5	22.1	88.7
Food Stamp Status:								
Participating.....	281	100.0	98.0	89.0	65.9	14.1	16.5	87.1
Not Participating....	252	100.0	96.5	79.2	63.9	17.0	28.4	84.5
All Women.....	966	99.9	99.2	82.6	69.3	20.1	17.9	91.7
Age:								
19-34.....	598	99.9	99.2	80.9	68.0	19.8	16.9	91.8
35-50.....	367	99.9	99.1	85.2	71.5	20.7	19.6	91.6
Income Level:								
0-75% Poverty.....	420	99.8	98.9	81.4	63.4	17.9	14.2	92.1
76-130% Poverty.....	320	100.0	99.7	80.6	73.0	19.6	18.5	91.9
Over 130% Poverty....	137	100.0	99.1	87.9	76.1	26.4	27.3	94.6
0-100% Poverty.....	581	99.8	99.2	80.4	65.7	17.8	14.6	91.9
0-130% Poverty.....	740	99.9	99.2	81.1	67.6	18.6	16.1	92.0
Region:								
Northeast.....	183	100.0	98.9	88.4	70.7	22.5	15.1	95.0
Midwest.....	240	99.8	99.3	87.8	69.4	18.0	19.4	90.6
South.....	323	99.9	98.8	76.7	67.1	23.5	13.2	89.7
West.....	220	100.0	99.7	80.5	71.4	15.5	25.5	93.2
Food Stamp Status:								
Participating.....	420	99.8	98.9	79.9	61.1	16.3	14.0	90.6
Not Participating....	545	100.0	99.4	84.6	75.7	23.1	20.9	92.6

NOTE: See "Table Notes."

SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 1.3-2A.--Vegetables: Mean Intake per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1986

Food Obtained and Eaten Away From Home

	:	:	:	:	:	:	:	:
Age, Income Level,	:	Total	Total	White	:	Dark-Green	Deep-Yellow	Other
Region, and Food Stamp	Individuals	Vegetables	Vegetables	Potatoes	Tomatoes	Vegetables	Vegetables	Vegetables
Program Status	:	and Fruits	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	Number	-----Grams-----						
All Children.....	534	34	16	8	3	(*)	1	5
Age:								
1-3.....	309	25	13	7	2	(*)	(*)	3
4-5.....	225	47	21	9	4	(*)	1	7
Income Level:								
0-75% Poverty.....	244	29	13	6	1	(*)	(*)	5
76-130% Poverty.....	151	43	21	10	4	(*)	(*)	6
Over 130% Poverty....	67	32	16	9	3	(*)	(*)	3
0-100% Poverty.....	323	33	16	8	2	(*)	(*)	6
0-130% Poverty.....	396	34	16	8	2	(*)	(*)	5
Region:								
Northeast.....	112	34	16	7	4	0	(*)	4
Midwest.....	148	36	17	8	2	(*)	1	6
South.....	170	32	16	7	3	1	(*)	5
West.....	103	34	15	8	2	(*)	1	4
Food Stamp Status:								
Participating.....	281	31	16	8	2	(*)	(*)	6
Not Participating....	252	37	16	8	3	(*)	1	4
All Women.....	966	34	25	11	3	1	1	9
Age:								
19-34.....	598	38	27	12	4	2	1	9
35-50.....	367	28	21	9	2	1	1	8
Income Level:								
0-75% Poverty.....	420	28	21	10	2	1	(*)	8
76-130% Poverty.....	320	42	30	11	5	2	1	10
Over 130% Poverty....	137	35	26	13	3	(*)	2	7
0-100% Poverty.....	581	30	23	10	3	1	(*)	9
0-130% Poverty.....	740	34	25	10	3	2	1	9
Region:								
Northeast.....	183	33	23	10	3	1	(*)	9
Midwest.....	240	31	24	11	3	1	1	8
South.....	323	31	23	10	3	2	1	7
West.....	220	43	31	13	4	1	1	12
Food Stamp Status:								
Participating.....	420	26	18	7	2	2	(*)	7
Not Participating....	545	41	30	14	4	1	1	10

NOTE: See "Table Notes."

SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 1.3-2B.--Vegetables: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, Low-Income Households, 1986

Food Obtained and Eaten Away From Home

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Total Vegetables and Fruits	Total Vegetables	White Potatoes	Dark-Green Tomatoes	Dark-Green Vegetables	Deep-Yellow Vegetables	Other Vegetables
	Number							
All Children.....	534	50.6	45.5	33.6	22.0	2.1	6.0	27.1
Age:								
1-3.....	309	41.1	36.8	31.2	16.2	1.7	4.3	20.3
4-5.....	225	63.6	57.6	36.8	30.1	2.5	8.3	36.5
Income Level:								
0-75% Poverty.....	244	45.5	42.2	31.1	20.4	1.6	4.8	22.9
76-130% Poverty.....	151	56.4	52.4	39.1	26.6	2.4	5.7	37.2
Over 130% Poverty....	67	57.6	46.6	36.1	25.9	.8	5.0	23.2
0-100% Poverty.....	323	48.9	45.3	32.9	22.4	1.2	5.5	28.0
0-130% Poverty.....	396	49.6	46.1	34.1	22.8	1.9	5.2	28.4
Region:								
Northeast.....	112	53.6	48.9	30.4	23.4	.0	6.1	20.0
Midwest.....	148	49.3	45.0	38.2	22.2	1.6	11.6	28.1
South.....	170	46.8	42.5	32.0	20.8	3.3	.7	28.3
West.....	103	55.4	47.7	33.0	22.4	3.0	6.5	31.5
Food Stamp Status:								
Participating.....	281	43.5	41.3	30.2	19.8	2.5	3.7	25.4
Not Participating....	252	58.5	50.3	37.3	24.6	1.6	8.5	29.0
All Women.....	966	52.3	49.2	34.7	23.3	4.2	4.8	33.8
Age:								
19-34.....	598	55.1	52.1	34.6	25.0	4.8	4.8	34.6
35-50.....	367	47.8	44.5	35.0	20.7	3.2	4.9	32.4
Income Level:								
0-75% Poverty.....	420	44.8	41.4	31.0	17.6	3.3	2.8	29.3
76-130% Poverty.....	320	58.4	55.0	34.9	28.4	5.5	5.7	40.4
Over 130% Poverty....	137	61.1	57.8	45.3	28.9	3.6	9.7	35.2
0-100% Poverty.....	581	48.6	45.3	30.8	20.3	3.4	3.3	31.7
0-130% Poverty.....	740	50.7	47.3	32.7	22.2	4.2	4.1	34.1
Region:								
Northeast.....	183	48.3	43.5	34.6	21.0	3.3	1.5	26.4
Midwest.....	240	50.7	49.5	33.6	23.8	4.9	4.5	36.2
South.....	323	52.4	48.3	32.8	21.5	5.3	5.4	32.3
West.....	220	57.4	54.9	38.9	27.4	2.5	7.1	39.4
Food Stamp Status:								
Participating.....	420	44.2	40.4	26.5	15.5	3.3	2.6	26.2
Not Participating....	545	58.6	56.0	41.1	29.4	4.8	6.5	39.6

NOTE: See "Table Notes."

SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 1.4-1A.--Fruits: Mean Intake per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1986

## Total Food

Age, Income Level, Region, and Food Stamp Program Status	:	:	:	:	:	Other Fruits, Mixtures, Juices					
	:	:	:	Citrus Fruits	:	:					
	:	:	:	and Juices	:	:					
	:	:	:	:	:	:	:	:	:	:	
	Individuals	Total	Fruits	:	Dried	:	:	:	:	:	
:	:	:	:	:	:	:	:	:	:	:	
:	:	:	Total	Juices	:	Total	Apples	Bananas	Other Fruits, Mixtures	Noncitrus Juices,	
:	:	:	:	:	:	:	:	:	Mainly Fruit	Nectars	
:	:	:	:	:	:	:	:	:	:	:	
Number		Grams									
All Children.....	534	157	70	61	(*)	87	20	11	19	37	
Age:											
1-3.....	309	154	68	60	(*)	85	20	14	16	36	
4-5.....	225	163	72	63	1	90	19	8	23	39	
Income Level:											
0-75% Poverty.....	244	150	76	68	(*)	73	18	7	15	32	
76-130% Poverty.....	151	178	70	60	1	107	22	15	25	46	
Over 130% Poverty....	67	166	56	51	1	109	25	11	21	51	
0-100% Poverty.....	323	154	75	67	(*)	79	17	10	17	34	
0-130% Poverty.....	396	161	74	65	(*)	86	20	10	19	38	
Region:											
Northeast.....	112	173	81	72	(*)	91	18	13	20	40	
Midwest.....	148	179	73	62	1	105	25	9	26	44	
South.....	170	119	55	49	(*)	64	17	9	13	25	
West.....	103	174	77	67	1	96	16	17	19	44	
Food Stamp Status:											
Participating.....	281	143	66	57	(*)	77	17	10	17	33	
Not Participating....	252	174	74	65	(*)	99	23	13	22	42	
All Women.....	966	100	55	48	(*)	45	10	6	16	13	
Age:											
19-34.....	598	98	53	48	(*)	44	9	5	16	14	
35-50.....	367	103	57	49	(*)	46	11	7	17	11	
Income Level:											
0-75% Poverty.....	420	100	59	52	(*)	41	8	4	15	13	
76-130% Poverty.....	320	94	49	44	(*)	45	10	6	18	11	
Over 130% Poverty....	137	108	50	41	(*)	58	15	11	21	10	
0-100% Poverty.....	581	98	56	50	(*)	42	9	5	15	12	
0-130% Poverty.....	740	97	54	48	(*)	42	9	5	17	12	
Region:											
Northeast.....	183	113	63	56	1	50	13	6	16	14	
Midwest.....	240	100	49	44	(*)	50	12	5	21	13	
South.....	323	83	53	47	0	30	7	5	10	9	
West.....	220	115	57	48	1	57	11	8	22	17	
Food Stamp Status:											
Participating.....	420	97	56	51	(*)	40	9	4	14	14	
Not Participating....	545	103	54	46	(*)	48	11	7	19	11	

NOTE: See "Table Notes."

SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, Low Income, 1986.



Table 1.4-1B.--Fruits: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, Low-Income Households, 1986

## Total Food

Age, Income Level, Region, and Food Stamp Program Status	:	:	:	:	:	Other Fruits, Mixtures, Juices				
	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:
	Individuals	Total	Citrus Fruits and Juices		Dried	:	:	:	Other Fruits,	Noncitrus
	:	:	:	:	Fruits	:	:	:	Mixtures	Juices,
	:	:	Total	Juices	:	Total	Apples	Bananas	Mainly Fruit	Nectars
:	:	:	:	:	:	:	:	:	:	
	Number	Percent								
All Children.....	534	91.0	66.8	59.6	3.5	77.5	42.0	29.6	38.8	35.1
Age:										
1-3.....	309	89.8	66.6	60.7	3.7	78.8	44.8	35.5	35.0	39.9
4-5.....	225	92.5	67.1	58.0	3.2	75.7	38.2	21.5	44.0	28.5
Income Level:										
0-75% Poverty.....	244	88.8	67.0	61.1	1.4	73.6	40.1	18.9	33.3	30.0
76-130% Poverty.....	151	94.2	69.3	63.2	5.5	81.4	46.2	40.8	42.2	45.3
Over 130% Poverty....	67	88.2	52.6	44.6	5.5	77.5	51.1	30.6	49.0	40.0
0-100% Poverty.....	323	89.0	68.8	62.6	2.5	72.9	38.6	25.0	34.2	30.9
0-130% Poverty.....	396	90.8	67.9	61.9	3.0	76.6	42.4	27.3	36.7	35.8
Region:										
Northeast.....	112	91.2	76.0	71.3	3.6	78.5	41.6	31.0	42.0	32.7
Midwest.....	148	94.4	59.9	53.6	4.7	90.0	49.9	28.1	47.1	43.6
South.....	170	85.3	63.4	57.1	2.0	64.7	37.8	24.2	28.0	24.2
West.....	103	95.2	72.6	59.5	4.1	79.4	38.1	39.3	41.2	43.3
Food Stamp Status:										
Participating.....	281	90.4	67.8	62.0	3.5	75.4	39.5	26.2	35.5	31.3
Not Participating....	252	91.6	65.8	56.9	3.5	79.7	44.9	33.5	42.4	39.3
All Women.....	966	71.7	51.1	43.6	2.7	51.0	21.4	15.4	29.8	15.3
Age:										
19-34.....	598	69.2	48.8	41.1	3.0	49.4	20.9	13.8	29.1	16.9
35-50.....	367	75.9	54.9	47.7	2.2	53.6	22.3	18.0	30.9	12.7
Income Level:										
0-75% Poverty.....	420	72.2	53.1	45.1	2.2	47.1	19.4	11.6	28.4	14.7
76-130% Poverty.....	320	72.2	48.7	41.5	2.8	53.4	22.9	15.8	29.5	14.3
Over 130% Poverty....	137	69.5	46.8	41.0	2.9	59.0	23.6	25.8	39.7	13.3
0-100% Poverty.....	581	71.6	51.5	43.9	2.2	48.2	20.2	14.0	28.5	14.7
0-130% Poverty.....	740	72.2	51.2	43.5	2.5	49.8	20.9	13.4	28.8	14.6
Region:										
Northeast.....	183	76.5	54.4	46.6	3.5	53.6	25.2	14.9	32.0	18.3
Midwest.....	240	68.9	45.2	37.6	2.7	56.9	24.4	12.9	38.5	16.2
South.....	323	69.2	51.1	44.6	.0	44.8	16.5	13.7	16.8	11.2
West.....	220	74.6	54.8	46.2	6.0	51.5	22.2	20.9	37.5	17.8
Food Stamp Status:										
Participating.....	420	71.9	51.2	44.0	1.9	46.4	18.6	12.5	25.0	16.8
Not Participating....	545	71.6	51.0	43.3	3.3	54.6	23.6	17.6	33.5	14.1

NOTE: See "Table Notes."

SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 1.4-2A.--Fruits: Mean Intake per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1986

Food Obtained and Eaten Away From Home

Age, Income Level, Region, and Food Stamp Program Status	:	:	: Citrus Fruits : : and Juices :			:	: Other Fruits, Mixtures, Juices				
	:	:	:	:	:	:	:	:	:	:	
	Individuals	Total	Dried								
	Fruits	Fruits	Juices	Juices	Total	Apples	Bananas	Other Fruits, Mixtures	Noncitrus Juices,		
:	:	:	:	:	:	:	:	Mainly Fruit	Nectars		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:</			

NOTE: See "Table Notes."

SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 1.4-2B.--Fruits: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, Low-Income Households, 1986

## Food Obtained and Eaten Away From Home

Age, Income Level, Region, and Food Stamp Program Status	:	:	:	Citrus Fruits	:	:	Other Fruits, Mixtures, Juices				
	:	:	:	and Juices	:	:	:	:	:	:	
	:	:	:	:	:	:	:	:	:	:	
	Individuals	Total	:	:	Dried	:	:	:	:	:	
	:	:	:	Total	Juices	:	Total	Apples	Bananas	Other Fruits, :Noncitrus	Juices,
:	:	:	:	:	:	:	:	:	Mainly Fruit	Nectars	
:	:	:	:	:	:	:	:	:	:	:	
	Number	Percent									
All Children.....	534	30.5	15.2	12.3	0.5	22.4	8.4	3.5	12.8	4.1	
Age:											
1-3.....	309	21.3	8.4	7.5	.4	17.8	6.3	3.8	8.4	4.7	
4-5.....	225	43.2	24.5	18.8	.7	28.7	11.4	3.1	18.8	3.3	
Income Level:											
0-75% Poverty.....	244	27.3	15.1	12.4	.2	18.0	7.6	1.3	9.9	1.4	
76-130% Poverty.....	151	30.2	16.1	14.5	.6	24.4	10.0	8.6	12.2	6.7	
Over 130% Poverty....	67	33.4	10.4	4.3	.0	28.0	11.5	1.7	13.2	10.6	
0-100% Poverty.....	323	29.2	16.7	13.9	.2	19.9	8.9	4.2	9.7	2.0	
0-130% Poverty.....	396	28.4	15.5	13.2	.4	20.5	8.5	4.1	10.8	3.4	
Region:											
Northeast.....	112	27.3	15.9	13.9	1.4	17.8	4.5	7.4	9.9	5.5	
Midwest.....	148	29.6	13.3	10.4	.0	24.2	11.0	3.7	14.6	3.2	
South.....	170	31.2	14.9	14.2	.0	22.9	9.6	1.8	13.4	3.3	
West.....	103	34.3	17.6	10.1	1.1	24.0	7.0	1.8	12.2	5.4	
Food Stamp Status:											
Participating.....	281	27.6	14.5	13.0	.6	20.4	7.9	4.0	12.0	2.3	
Not Participating....	252	33.7	16.0	11.4	.4	24.6	9.0	2.9	13.6	6.1	
All Women.....	966	17.5	8.2	6.7	.5	11.9	2.3	1.2	7.4	2.7	
Age:											
19-34.....	598	18.6	9.0	7.7	.8	12.1	2.6	.7	6.8	3.4	
35-50.....	367	15.7	7.0	4.9	.0	11.5	2.0	2.0	8.3	1.5	
Income Level:											
0-75% Poverty.....	420	13.4	6.2	5.3	.7	7.8	1.4	.0	5.5	2.0	
76-130% Poverty.....	320	22.3	9.8	8.3	.2	15.8	4.6	1.6	6.9	3.9	
Over 130% Poverty....	137	21.3	10.2	6.0	.0	17.4	1.2	4.8	14.9	1.9	
0-100% Poverty.....	581	15.1	6.2	5.2	.5	10.1	2.6	.3	5.5	2.6	
0-130% Poverty.....	740	17.2	7.8	6.6	.5	11.3	2.7	.7	6.1	2.8	
Region:											
Northeast.....	183	19.0	8.7	8.1	1.7	12.7	2.6	.5	6.5	3.9	
Midwest.....	240	15.4	4.2	3.1	.0	13.1	1.5	.0	10.4	3.1	
South.....	323	14.9	8.3	6.6	.0	8.2	2.1	.5	3.6	2.0	
West.....	220	22.1	12.1	9.6	.7	15.3	3.3	4.2	10.3	2.2	
Food Stamp Status:											
Participating.....	420	13.6	6.0	4.8	.0	9.2	2.8	.5	4.4	2.8	
Not Participating....	545	20.4	9.9	8.1	.8	13.9	1.9	1.8	9.7	2.5	

NOTE: See "Table Notes."

SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Total Food

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 1.5-1B.--Grain Products; Fats and Oils; Sugars and Sweets: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, Low-Income Households, 1986

## Total Food

Age, Income Level, Region, and Food Stamp Program Status	:	:	Grain Products					Fats and Oils			Sugars and Sweets		
	:	:	:	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:	:	:	:
	Individuals:	:	Yeast	:	Cereals and	:	:	:	:	:	:	Total	:
	:	:	Total	Breads	Other	:	Mixtures	Total	Table	Salad	:	Sugars	:
	:	:	Grain	and	Baked	:	Mainly	Fats	Fats	Dressings	:	and	Sugars
	:	:	Products	Rolls	Goods	:	Ready- to-Eat	and Oils	:	:	:	Sweets	Candy
	:	:	:	:	:	:	Cereals	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:	:	:	:
		Number	Percent										
All Children.....	534	100.0	98.6	90.8	94.1	86.6	76.2	86.5	78.0	42.7	86.9	53.7	36.8
Age:													
1-3.....	309	100.0	97.6	88.6	93.0	83.2	74.5	86.8	76.6	44.0	85.4	52.1	33.9
4-5.....	225	100.0	100.0	93.9	95.7	91.3	78.5	86.1	80.0	41.0	89.0	55.8	40.7
Income Level:													
0-75% Poverty.....	244	100.0	99.0	89.7	93.7	82.5	68.4	87.2	78.0	41.1	86.8	58.0	27.7
76-130% Poverty.....	151	100.0	97.7	88.9	92.1	86.3	80.7	86.3	80.0	50.7	81.5	43.4	38.9
Over 130% Poverty....	67	100.0	100.0	98.9	96.9	93.5	87.0	88.8	83.3	47.9	96.4	63.0	54.6
0-100% Poverty.....	323	100.0	98.8	88.5	93.4	83.8	70.5	86.6	77.7	40.7	83.6	53.7	28.8
0-130% Poverty.....	396	100.0	98.5	89.4	93.1	84.0	73.1	86.9	78.8	44.8	84.7	52.4	32.0
Region:													
Northeast.....	112	100.0	97.6	84.6	91.4	80.8	83.1	88.6	82.0	39.6	87.6	57.8	46.7
Midwest.....	148	100.0	100.0	93.1	95.3	92.0	88.1	93.4	88.9	46.3	90.7	50.1	25.7
South.....	170	100.0	98.4	89.5	97.6	87.7	62.8	86.3	74.5	43.9	83.1	49.2	36.7
West.....	103	100.0	98.3	96.4	89.8	83.4	73.8	74.7	63.9	38.9	87.2	61.6	42.3
Food Stamp Status:													
Participating.....	281	100.0	98.4	87.4	93.5	83.3	73.8	89.1	79.7	42.6	87.8	57.0	31.5
Not Participating....	252	100.0	98.9	94.6	94.8	90.3	78.9	83.6	76.1	42.8	85.9	50.0	42.7
All Women.....	966	99.6	94.2	81.9	64.9	37.0	62.4	89.0	73.4	58.9	79.6	60.5	24.3
Age:													
19-34.....	598	99.3	93.7	83.1	68.7	43.7	66.6	87.8	75.1	55.7	79.6	59.7	26.7
35-50.....	367	100.0	94.8	80.0	58.7	26.2	55.6	90.9	70.5	64.2	79.5	61.8	20.5
Income Level:													
0-75% Poverty.....	420	99.5	93.2	80.8	60.4	30.9	59.4	89.7	70.9	56.5	78.2	58.8	19.6
76-130% Poverty.....	320	100.0	93.9	82.0	68.0	37.6	65.6	88.8	73.5	60.1	78.7	58.4	23.7
Over 130% Poverty....	137	100.0	97.1	84.6	68.4	46.6	66.6	89.1	81.7	67.2	83.3	63.6	41.8
0-100% Poverty.....	581	99.6	93.2	81.0	62.3	31.8	60.8	88.9	71.1	56.3	78.2	58.4	21.6
0-130% Poverty.....	740	99.7	93.5	81.3	63.7	33.8	62.1	89.3	72.0	58.1	78.4	58.7	21.4
Region:													
Northeast.....	183	100.0	97.8	77.2	64.6	28.5	66.1	91.7	80.6	55.5	86.3	73.5	22.9
Midwest.....	240	99.0	94.4	80.3	63.8	46.3	72.8	90.5	81.0	61.1	71.0	48.4	25.6
South.....	323	99.5	93.2	78.7	69.4	32.4	49.7	87.8	67.5	59.1	78.8	61.0	20.9
West.....	220	100.0	92.3	92.4	59.6	40.7	66.8	87.0	67.6	59.1	84.5	62.0	29.1
Food Stamp Status:													
Participating.....	420	99.1	94.4	79.4	62.3	34.1	61.3	88.8	70.7	55.4	77.5	60.7	18.1
Not Participating....	545	100.0	94.0	83.9	66.8	39.3	63.3	89.2	75.4	61.7	81.2	60.3	29.2

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.



Food Obtained and Eaten Away From Home

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 1.5-2B.--Grain Products; Fats and Oils; Sugars and Sweets: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, Low-Income Households, 1986

Food Obtained and Eaten Away From Home

Age, Income Level, Region, and Food Stamp Program Status	:	:	Grain Products					:	Fats and Oils			:	Sugars and Sweets		
	:	:	:	:	:	:	:	:	:	:	:	:	:	:	
	:	:	:	:	:	:	:	:	:	:	:	:	:	:	
	:	:	:	:	:	:	:	:	:	:	:	:	:	:	
	:	:	:	:	:	:	:	:	:	:	:	:	:	:	
	:	:	:	:	:	:	:	:	:	:	:	:	:	:	
	:	:	:	:	:	:	:	:	:	:	:	:	:	:	
	:	:	:	:	:	:	:	:	:	:	:	:	:	:	
	:	:	:	:	:	:	:	:	:	:	:	:	:	:	
	:	:	:	:	:	:	:	:	:	:	:	:	:	:	
		-----													
Number		Percent													
All Children.....	534	57.4	32.4	37.6	18.3	12.6	20.2	19.4	15.8	5.7	24.3	3.7	13.2		
Age:															
1-3.....	309	46.9	26.8	28.3	13.7	9.1	14.1	16.6	12.6	6.4	19.8	2.9	11.5		
4-5.....	225	71.9	40.2	50.5	24.6	17.4	28.6	23.3	20.1	4.8	30.4	4.8	15.5		
Income Level:															
0-75% Poverty.....	244	51.9	25.6	34.4	15.4	9.3	15.9	13.6	8.4	4.3	20.2	3.5	9.2		
76-130% Poverty.....	151	58.9	35.2	40.6	21.6	17.2	18.5	30.6	28.7	11.2	27.1	3.1	16.8		
Over 130% Poverty....	67	67.3	31.6	40.2	9.7	6.4	32.3	15.9	10.1	3.5	28.4	4.1	13.4		
0-100% Poverty.....	323	53.8	27.5	36.9	18.5	12.6	17.0	17.1	12.7	5.1	21.2	3.3	9.0		
0-130% Poverty.....	396	54.5	29.3	36.8	17.8	12.3	16.9	20.1	16.2	6.9	22.8	3.3	12.1		
Region:															
Northeast.....	112	52.9	29.5	35.1	20.4	14.7	23.5	17.2	13.1	5.7	33.3	4.9	20.1		
Midwest.....	148	67.0	34.4	43.4	12.7	6.7	21.3	24.8	24.1	6.5	16.9	.0	9.2		
South.....	170	49.0	33.5	31.2	23.5	17.6	12.9	15.2	11.2	4.8	22.5	3.5	11.4		
West.....	103	62.4	31.0	42.8	15.3	10.5	27.1	21.2	14.2	6.1	28.0	8.1	14.3		
Food Stamp Status:															
Participating.....	281	50.8	29.7	34.1	15.8	10.1	18.7	18.0	14.5	3.7	23.3	3.3	13.0		
Not Participating....	252	64.8	35.5	41.5	21.0	15.3	21.9	21.1	17.2	7.9	25.3	4.1	13.3		
All Women.....	966	56.0	34.0	34.8	5.9	1.4	18.3	28.3	14.7	14.7	25.7	13.3	10.8		
Age:															
19-34.....	598	59.1	36.6	37.1	6.8	2.2	22.0	29.5	16.1	14.6	26.1	13.4	11.5		
35-50.....	367	51.0	29.8	31.1	4.2	.1	12.4	26.4	12.4	14.8	25.1	13.2	9.6		
Income Level:															
0-75% Poverty.....	420	46.2	24.5	26.9	4.4	.9	16.5	21.9	11.6	12.2	23.2	12.3	7.7		
76-130% Poverty.....	320	63.5	40.6	42.6	6.6	1.4	18.7	35.6	17.0	18.4	24.8	14.1	10.9		
Over 130% Poverty....	137	70.0	43.9	41.9	6.5	1.3	20.0	33.1	17.0	14.8	37.2	14.3	21.3		
0-100% Poverty.....	581	49.4	27.5	30.2	5.3	.9	16.7	23.8	12.1	12.6	22.7	11.7	8.9		
0-130% Poverty.....	740	53.7	31.5	33.7	5.3	1.1	17.4	27.8	14.0	14.9	23.9	13.0	9.1		
Region:															
Northeast.....	183	54.2	33.0	30.5	5.2	2.0	21.6	25.7	13.0	14.4	27.4	20.6	9.6		
Midwest.....	240	58.6	42.6	32.9	5.3	1.1	20.1	37.1	20.9	18.3	26.1	8.4	13.3		
South.....	323	53.6	30.5	37.1	7.2	.9	15.1	19.9	10.3	10.2	21.8	12.5	10.0		
West.....	220	58.3	30.7	37.3	5.0	1.9	18.3	33.2	15.8	17.5	29.5	13.8	10.1		
Food Stamp Status:															
Participating.....	420	45.5	25.6	26.8	5.4	1.0	12.7	20.5	10.5	10.1	21.3	12.2	7.6		
Not Participating....	545	64.1	40.5	41.1	6.2	1.7	22.6	34.3	17.9	18.2	29.1	14.1	13.3		

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 1.6-1A.--Beverages: Mean Intake per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1986

## Total Food

Age, Income Level, Region, and Food Stamp Program Status	:	:	Alcoholic Beverages		Nonalcoholic Beverages								
	:	:	:	:	:	:	:	Fruit Drinks and Aides			Carbonated Soft Drinks		
	:	:	:	Beer	:	:	:	:	:	:	:	:	:
	:	:	Total	and	Total	Coffee	Tea	:	:	Low-	:	:	Low-
:	:	:	Ale	:	:	:	:	Total	Regular	Calorie	Total	Regular	Calorie
:	:	:	:	:	:	:	:	:	:	:	:	:	:
:	:	:	:	:	:	:	:	:	:	:	:	:	:
Number		Grams											
All Children.....	534	193	0	0	193	1	24	88	83	5	81	76	4
Age:													
1-3.....	309	172	0	0	172	1	18	84	80	4	70	67	2
4-5.....	225	223	0	0	223	(*)	33	93	88	6	96	89	8
Income Level:													
0-75% Poverty.....	244	182	0	0	182	1	17	90	84	6	74	69	5
76-130% Poverty.....	151	184	0	0	184	(*)	32	73	70	2	80	77	3
Over 130% Poverty....	67	215	0	0	215	0	37	87	81	6	91	88	3
0-100% Poverty.....	323	181	0	0	181	1	18	85	80	5	77	73	4
0-130% Poverty.....	396	183	0	0	183	1	22	84	79	5	76	72	4
Region:													
Northeast.....	112	195	0	0	195	3	21	69	67	2	102	100	2
Midwest.....	148	172	0	0	172	(*)	10	85	82	3	77	70	7
South.....	170	231	0	0	231	(*)	50	102	98	4	78	72	6
West.....	103	161	0	0	161	0	6	88	77	11	68	67	1
Food Stamp Status:													
Participating.....	281	194	0	0	194	1	18	96	91	5	79	73	7
Not Participating....	252	192	0	0	192	(*)	31	78	74	4	82	80	2
All Women.....	966	725	27	20	698	275	112	54	48	6	257	198	59
Age:													
19-34.....	598	705	24	17	681	240	106	60	53	7	275	222	53
35-50.....	367	757	32	25	726	332	121	44	40	4	228	159	69
Income Level:													
0-75% Poverty.....	420	688	22	16	665	275	88	63	56	7	240	192	48
76-130% Poverty.....	320	757	38	32	719	295	120	46	40	5	259	197	61
Over 130% Poverty....	137	792	21	9	771	269	160	56	51	6	286	204	82
0-100% Poverty.....	581	692	21	15	671	269	95	61	54	7	246	197	49
0-130% Poverty.....	740	718	29	23	688	283	102	56	49	6	248	194	54
Region:													
Northeast.....	183	748	52	48	696	342	86	50	45	5	217	164	53
Midwest.....	240	740	24	14	716	308	86	44	36	8	278	207	71
South.....	323	736	12	10	724	204	164	62	56	6	294	242	53
West.....	220	672	30	18	642	288	85	56	52	4	213	153	61
Food Stamp Status:													
Participating.....	420	710	22	16	688	285	89	57	50	7	257	198	59
Not Participating....	545	736	31	23	706	267	130	51	47	5	257	198	60

NOTE: "See Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 1.6-1B.--Beverages: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, Low-Income Households, 1986

## Total Food

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Total Beverages	Alcoholic Beverages		Nonalcoholic Beverages								
			Beer	Total and Ale	Total	Coffee	Tea	Fruit Drinks and Ades			Carbonated Soft Drinks		
								Total	Regular	Low- Calorie	Total	Regular	Low- Calorie
	Number	Percent											
All Children.....	534	85.4	0.0	0.0	85.4	0.9	20.2	63.1	61.0	6.5	65.6	62.0	5.5
Age:													
1-3.....	309	80.5	.0	.0	80.5	1.3	16.0	62.1	60.2	5.6	61.1	58.0	4.9
4-5.....	225	92.2	.0	.0	92.2	.3	25.8	64.6	62.1	7.8	71.8	67.5	6.5
Income Level:													
0-75% Poverty.....	244	82.7	.0	.0	82.7	.9	16.7	58.5	55.5	8.2	60.3	57.6	4.9
76-130% Poverty.....	151	82.1	.0	.0	82.1	1.7	23.9	63.7	61.8	4.2	62.5	57.8	7.1
Over 130% Poverty....	67	93.4	.0	.0	93.4	.0	23.8	70.8	69.2	7.3	81.8	77.9	6.4
0-100% Poverty.....	323	84.3	.0	.0	84.3	1.3	17.8	61.0	58.1	7.2	62.1	59.1	5.4
0-130% Poverty.....	396	82.5	.0	.0	82.5	1.2	19.4	60.5	57.9	6.7	61.2	57.6	5.8
Region:													
Northeast.....	112	81.8	.0	.0	81.8	2.6	22.8	49.8	47.3	3.9	67.8	67.8	3.2
Midwest.....	148	79.7	.0	.0	79.7	.9	6.6	62.6	61.2	4.1	65.7	58.0	11.0
South.....	170	92.8	.0	.0	92.8	.2	37.3	70.2	69.1	5.7	67.6	63.1	4.5
West.....	103	85.4	.0	.0	85.4	.0	8.4	66.7	62.2	14.2	59.8	59.8	1.9
Food Stamp Status:													
Participating.....	281	88.5	.0	.0	88.5	.5	19.4	67.4	64.9	8.5	62.9	58.5	5.7
Not Participating....	252	82.1	.0	.0	82.1	1.3	21.0	58.4	56.6	4.3	68.6	66.0	5.3
All Women.....	966	98.6	13.2	6.7	98.5	60.8	43.8	35.6	32.9	5.2	80.5	67.8	27.7
Age:													
19-34.....	598	98.0	13.3	6.6	97.9	54.9	43.0	38.2	35.0	5.5	85.8	75.0	26.7
35-50.....	367	99.6	13.0	6.8	99.6	70.4	45.2	31.4	29.4	4.6	71.8	56.1	29.2
Income Level:													
0-75% Poverty.....	420	98.7	10.0	6.3	98.7	58.8	40.4	37.7	35.1	5.5	77.4	66.2	22.0
76-130% Poverty.....	320	98.5	16.8	8.1	98.5	66.9	46.1	33.4	29.5	5.8	83.7	69.5	31.6
Over 130% Poverty....	137	100.0	18.2	6.2	99.3	50.7	47.2	41.4	39.5	4.9	78.7	64.5	38.4
0-100% Poverty.....	581	98.7	10.5	6.3	98.7	60.2	40.9	37.6	34.7	5.4	78.6	66.6	23.4
0-130% Poverty.....	740	98.6	13.0	7.1	98.6	62.3	42.9	35.8	32.7	5.7	80.1	67.7	26.1
Region:													
Northeast.....	183	99.7	15.7	10.6	99.7	73.3	43.9	35.9	30.8	6.7	76.7	63.4	26.0
Midwest.....	240	97.8	14.8	5.7	97.4	54.9	32.6	33.0	30.8	4.4	81.8	66.5	34.8
South.....	323	99.6	8.0	5.5	99.6	56.9	56.5	35.9	33.3	5.5	85.3	77.1	23.3
West.....	220	97.3	16.9	6.2	97.3	62.2	37.5	37.7	36.3	4.2	75.1	59.2	27.6
Food Stamp Status:													
Participating.....	420	99.0	9.4	5.8	99.0	60.6	43.3	35.2	32.7	5.4	79.9	68.0	26.0
Not Participating....	545	98.3	16.1	7.4	98.1	60.9	44.3	35.9	33.0	5.0	80.9	67.6	29.0

NOTE: "See Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 1.6-2A.--Beverages: Mean Intake per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1986

Food Obtained and Eaten Away From Home

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Total Beverages	Alcoholic Beverages		Nonalcoholic Beverages								
			Beer	Ale	Total	Coffee	Tea	Fruit Drinks and Aides			Carbonated Soft Drinks		
								Total	Regular	Low- Calorie	Total	Regular	Low- Calorie
Number		Grams											
All Children.....	534	36	0	0	36	0	3	8	7	1	25	24	1
Age:													
1-3.....	309	27	0	0	27	0	1	8	7	1	18	18	(*)
4-5.....	225	48	0	0	48	0	6	9	7	1	33	31	2
Income Level:													
0-75% Poverty.....	244	27	0	0	27	0	1	6	5	1	20	19	(*)
76-130% Poverty.....	151	42	0	0	42	0	6	10	9	1	27	27	0
Over 130% Poverty....	67	56	0	0	56	0	5	15	14	(*)	37	37	(*)
0-100% Poverty.....	323	34	0	0	34	0	3	8	7	1	22	22	(*)
0-130% Poverty.....	396	33	0	0	33	0	3	7	6	1	22	22	(*)
Region:													
Northeast.....	112	42	0	0	42	0	5	7	6	1	30	30	(*)
Midwest.....	148	33	0	0	33	0	3	6	6	1	24	24	0
South.....	170	32	0	0	32	0	4	8	6	2	20	17	3
West.....	103	41	0	0	41	0	1	13	12	1	27	27	0
Food Stamp Status:													
Participating.....	281	32	0	0	32	0	3	8	7	1	21	19	2
Not Participating....	252	41	0	0	41	0	4	8	7	1	29	29	(*)
All Women.....	966	154	11	6	144	40	15	6	5	1	82	66	16
Age:													
19-34.....	598	162	12	6	150	35	15	6	6	1	94	78	16
35-50.....	367	142	9	6	133	48	17	6	5	1	62	45	17
Income Level:													
0-75% Poverty.....	420	121	10	5	112	30	11	5	5	(*)	65	53	12
76-130% Poverty.....	320	186	14	11	172	51	18	7	5	2	96	77	19
Over 130% Poverty....	137	171	11	3	160	40	19	9	9	(*)	92	67	26
0-100% Poverty.....	581	132	9	5	124	34	12	7	6	1	71	59	12
0-130% Poverty.....	740	149	12	7	138	39	14	6	5	1	78	63	15
Region:													
Northeast.....	183	164	12	9	152	59	12	6	5	1	76	56	20
Midwest.....	240	152	17	9	135	41	10	7	7	0	77	57	20
South.....	323	157	3	2	154	24	24	4	3	1	101	87	14
West.....	220	145	14	7	131	47	11	9	8	1	64	51	12
Food Stamp Status:													
Participating.....	420	116	10	6	107	30	9	4	3	1	64	51	13
Not Participating....	545	184	11	6	173	48	21	8	7	1	95	77	19

NOTE: "See Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.



Table 1.6-2B.--Beverages: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, Low-Income Households, 1986

## Food Obtained and Eaten Away From Home

Age, Income Level, Region, and Food Stamp Program Status	Number	Total Individuals	Alcoholic Beverages			Nonalcoholic Beverages							
			Beer	Total and Ale	Total	Coffee	Tea	Fruit Drinks and Aides			Carbonated Soft Drinks		
								Total	Regular	Low- Calorie	Total	Regular	Low- Calorie
All Children.....	534	39.7	0.0	0.0	39.7	0.0	5.3	12.5	10.9	2.0	31.2	30.2	1.2
Age:													
1-3.....	309	33.9	.0	.0	33.9	.0	3.4	11.1	9.8	1.9	26.1	25.2	1.3
4-5.....	225	47.8	.0	.0	47.8	.0	7.8	14.3	12.2	2.0	38.1	37.0	1.1
Income Level:													
0-75% Poverty.....	244	34.5	.0	.0	34.5	.0	3.0	10.0	8.3	1.7	26.1	25.6	1.0
76-130% Poverty.....	151	42.5	.0	.0	42.5	.0	8.1	13.5	12.3	2.1	34.3	34.3	.0
Over 130% Poverty....	67	57.1	.0	.0	57.1	.0	8.4	21.3	21.3	.8	44.8	42.4	2.4
0-100% Poverty.....	323	37.8	.0	.0	37.8	.0	4.7	12.3	10.4	2.3	28.7	28.3	.7
0-130% Poverty.....	396	37.6	.0	.0	37.6	.0	5.0	11.4	9.8	1.9	29.2	28.9	.6
Region:													
Northeast.....	112	43.9	.0	.0	43.9	.0	8.4	12.6	10.1	2.4	34.9	34.9	1.0
Midwest.....	148	38.8	.0	.0	38.8	.0	2.3	10.9	10.0	1.9	30.1	30.1	.0
South.....	170	33.1	.0	.0	33.1	.0	7.7	10.6	8.5	2.5	26.0	22.9	3.1
West.....	103	47.6	.0	.0	47.6	.0	2.2	17.6	16.8	.7	37.3	37.3	.0
Food Stamp Status:													
Participating.....	281	35.3	.0	.0	35.3	.0	4.0	12.4	10.4	2.5	26.7	25.3	1.3
Not Participating....	252	44.7	.0	.0	44.7	.0	6.7	12.6	11.4	1.4	36.2	35.6	1.1
All Women.....	966	62.5	6.0	2.1	61.6	22.4	13.1	6.3	5.8	.7	47.2	38.7	12.9
Age:													
19-34.....	598	64.4	6.4	1.7	63.6	20.1	13.1	5.8	5.3	.6	52.3	43.2	13.1
35-50.....	367	59.2	5.3	2.8	58.3	26.3	13.1	7.2	6.5	.7	38.8	31.4	12.5
Income Level:													
0-75% Poverty.....	420	57.2	5.2	1.8	56.5	18.6	10.5	5.2	4.8	.4	42.3	36.9	9.2
76-130% Poverty.....	320	64.3	7.2	2.9	63.4	28.8	15.7	6.0	5.0	1.3	47.8	39.1	12.2
Over 130% Poverty....	137	73.6	7.2	2.6	72.0	21.2	14.9	11.9	11.5	.4	54.8	39.4	25.2
0-100% Poverty.....	581	56.8	4.9	1.8	55.9	19.8	10.8	5.8	5.2	.8	41.9	36.6	8.5
0-130% Poverty.....	740	60.3	6.1	2.3	59.5	23.0	12.7	5.6	4.9	.8	44.7	37.8	10.5
Region:													
Northeast.....	183	66.4	6.3	2.3	65.4	29.9	9.2	6.1	5.4	.7	47.7	37.0	13.9
Midwest.....	240	62.7	9.1	2.4	61.7	23.4	10.7	4.9	4.9	.0	47.2	36.7	18.6
South.....	323	61.1	2.2	1.4	60.8	16.5	19.7	4.9	4.0	1.2	51.2	44.7	10.6
West.....	220	60.9	7.9	2.7	59.4	23.7	9.3	10.2	9.6	.6	40.7	33.5	9.2
Food Stamp Status:													
Participating.....	420	57.9	4.3	2.0	56.9	18.3	9.3	4.6	4.0	.6	43.6	36.6	10.4
Not Participating....	545	65.9	7.3	2.2	65.2	25.6	16.0	7.7	7.2	.7	49.9	40.4	14.8

NOTE: "See Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 2.1A.--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986

All Children

Food Energy, Nutrients, and Dietary Components	Meat, Poultry, Fish	Milk, Milk Products	Eggs	Legumes, Nuts, Seeds	Grain Products	Fats, Oils	Sugars, Sweets
	-----Percent-----						
Food Energy.....	17.0	21.7	2.6	3.4	31.5	2.3	3.4
Protein.....	33.1	29.0	4.1	4.1	23.4	.1	.6
Total Fat.....	26.3	28.0	4.8	5.1	21.1	6.2	1.2
Saturated Fat.....	23.8	41.7	3.5	2.7	17.2	4.3	1.5
Monounsaturated Fat.....	31.5	22.5	5.3	6.2	21.4	6.1	1.1
Polyunsaturated Fat.....	20.4	7.7	5.6	8.4	30.9	11.5	.7
Cholesterol.....	28.8	25.9	28.8	.4	13.8	1.2	.2
Carbohydrate.....	3.5	14.8	.2	2.4	41.9	.2	5.9
Dietary Fiber.....	5.7	1.4	.0	11.0	39.3	.0	1.2
Vitamin A (IU).....	9.1	21.7	4.0	.6	34.2	3.5	.1
Vitamin A (RE).....	7.6	26.1	5.7	.4	39.3	5.1	.1
Carotenes.....	11.6	12.3	.7	1.3	21.3	2.5	.1
Vitamin E.....	11.4	10.3	5.4	8.1	34.7	9.8	1.1
Ascorbic Acid.....	8.3	6.6	.0	.5	19.2	.0	.2
Thiamin.....	15.5	15.1	1.4	2.5	50.8	.0	.3
Riboflavin.....	12.9	42.1	3.5	1.1	33.4	.1	.6
Niacin.....	32.4	3.4	.1	4.6	47.9	.0	.4
Vitamin B-6.....	19.6	15.6	2.0	2.9	37.5	.3	.4
Folacin.....	5.9	12.6	5.1	6.6	41.9	.1	.5
Vitamin B-12.....	32.9	39.4	6.3	.3	20.0	.2	.3
Calcium.....	3.4	65.5	1.8	1.5	19.5	.2	.7
Phosphorus.....	16.4	43.3	3.6	3.6	23.3	.1	.8
Magnesium.....	11.6	31.4	1.5	7.2	27.4	.1	1.4
Iron.....	17.5	3.6	4.4	3.6	57.8	.1	1.0
Zinc.....	33.7	25.8	3.6	3.8	25.5	.0	.6
Copper.....	15.9	7.8	1.7	7.4	37.3	.1	1.8
Sodium.....	21.9	15.9	3.0	2.8	42.0	1.9	.6
Potassium.....	14.7	34.9	1.5	4.2	14.7	.1	.9

Table 2.1A.--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986--continued

All Children

Food Energy, Nutrients, and Dietary Components	Vegetables and Fruits						Beverages	
	Total	Citrus	Noncitrus	Dark-Green,	White Potatoes	Other	Nonalcoholic	Alcoholic
		Fruits,	Fruits	Deep-Yellow	Vegetables	Vegetables		
		Tomatoes		Vegetables				
	-----Percent-----							
Food Energy.....	13.1	2.8	3.7	0.3	4.6	1.7	5.0	0.0
Protein.....	5.6	1.3	.6	.2	1.9	1.6	.0	.0
Total Fat.....	7.4	.4	.4	.2	5.1	1.2	.0	.0
Saturated Fat.....	5.3	.2	.3	.1	4.1	.7	.0	.0
Monounsaturated Fat.....	5.9	.2	.2	.3	4.0	1.2	.0	.0
Polyunsaturated Fat.....	14.8	.8	.7	.5	10.2	2.6	.0	.0
Cholesterol.....	.9	.1	.0	.0	.7	.2	.0	.0
Carbohydrate.....	21.1	5.4	7.6	.4	5.4	2.4	10.2	.0
Dietary Fiber.....	41.3	6.8	10.9	2.3	10.6	10.7	.0	.0
Vitamin A (IU).....	26.5	5.8	2.0	11.5	.8	6.3	.2	.0
Vitamin A (RE).....	15.5	2.7	1.0	7.4	.8	3.7	.2	.0
Carotenes.....	50.0	13.4	4.7	18.0	.4	13.5	.2	.0
Vitamin E.....	19.2	4.9	4.6	1.6	4.9	3.2	.0	.0
Ascorbic Acid.....	53.3	30.4	10.2	2.1	6.2	4.3	11.9	.0
Thiamin.....	14.2	5.4	2.2	.4	3.5	2.7	.2	.0
Riboflavin.....	6.0	1.4	1.8	.5	.9	1.4	.5	.0
Niacin.....	11.0	2.2	1.6	.3	4.7	2.2	.1	.0
Vitamin B-6.....	21.7	3.8	7.6	1.0	7.3	2.1	.1	.0
Folacin.....	26.6	14.2	2.5	1.6	3.0	5.4	.7	.0
Vitamin B-12.....	.5	.1	.0	.0	.2	.3	.0	.0
Calcium.....	5.2	1.5	.9	.7	1.1	1.1	2.1	.0
Phosphorus.....	7.2	1.6	.9	.3	2.6	1.9	1.7	.0
Magnesium.....	18.3	4.7	3.9	1.1	4.8	3.7	1.3	.0
Iron.....	11.0	2.0	2.8	.7	2.5	2.9	1.1	.0
Zinc.....	6.0	.9	.8	.3	1.8	2.2	1.0	.0
Copper.....	24.6	6.6	5.7	1.1	7.3	3.9	3.6	.0
Sodium.....	11.4	2.8	.1	.6	3.6	4.3	.6	.0
Potassium.....	28.4	8.2	6.9	.8	8.6	3.8	.7	.0

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 2.1B.--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986

All Children, Food Stamp Status: Participating

Food Energy, Nutrients, and Dietary Components	: Meat, Poultry, Fish	: Milk, Milk Products	: Eggs	: Legumes, Nuts, Seeds	: Grain Products	: Fats, Oils	: Sugars, Sweets
	:	:	:	:	:	:	:
	-----Percent-----						
Food Energy.....	17.7	20.5	3.0	3.8	31.3	2.6	3.3
Protein.....	33.9	27.5	4.6	4.6	23.2	.1	.4
Total Fat.....	26.9	26.2	5.4	5.5	20.0	6.7	1.0
Saturated Fat.....	24.7	39.8	4.0	2.9	16.4	4.7	1.3
Monounsaturated Fat.....	32.0	20.9	5.9	6.9	20.1	6.6	.9
Polyunsaturated Fat.....	20.6	6.6	6.1	8.9	29.0	12.2	.4
Cholesterol.....	29.2	23.8	32.0	.4	12.4	1.3	.1
Carbohydrate.....	3.7	13.9	.2	2.7	42.6	.2	6.0
Dietary Fiber.....	5.7	1.2	.0	12.5	39.4	.0	.9
Vitamin A (IU).....	8.9	21.3	4.7	.4	35.4	4.0	.1
Vitamin A (RE).....	7.3	25.6	6.7	.2	39.8	5.7	.1
Carotenes.....	12.0	12.4	.8	1.1	23.0	3.0	.2
Vitamin E.....	11.6	9.2	6.1	8.7	34.7	10.5	.7
Ascorbic Acid.....	8.7	6.3	.0	.5	19.8	.0	.1
Thiamin.....	16.7	14.0	1.5	2.9	50.4	.0	.3
Riboflavin.....	13.5	41.1	4.0	1.2	33.5	.1	.5
Niacin.....	32.5	2.9	.1	5.2	47.5	.0	.3
Vitamin B-6.....	20.1	15.0	2.3	3.3	37.7	.3	.3
Folacin.....	6.0	11.7	5.6	7.6	41.7	.1	.2
Vitamin B-12.....	33.4	38.3	7.1	.2	20.0	.2	.2
Calcium.....	3.7	65.0	2.1	1.6	19.4	.2	.6
Phosphorus.....	17.1	41.8	4.0	4.1	23.2	.1	.5
Magnesium.....	12.0	30.2	1.6	8.2	27.7	.1	1.0
Iron.....	17.6	3.1	4.8	3.9	57.9	.1	.8
Zinc.....	34.3	24.0	4.0	4.2	25.9	.0	.4
Copper.....	16.3	7.0	1.8	8.4	37.4	.1	1.4
Sodium.....	22.9	14.9	3.3	3.0	41.0	2.0	.5
Potassium.....	15.2	33.8	1.7	4.7	15.0	.1	.7

Table 2.1B.--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986--continued

All Children, Food Stamp Status: Participating

Food Energy, Nutrients, and Dietary Components	Vegetables and Fruits						Beverages	
	Total	Citrus Fruits, : Tomatoes :	Noncitrus Fruits	Dark-Green, : Deep-Yellow : Vegetables :	White Potatoes	Other : Vegetables :	Nonalcoholic	Alcoholic
	-----Percent-----							
Food Energy.....	13.2	2.5	3.2	0.2	5.4	1.9	4.7	0.0
Protein.....	5.8	1.1	.5	.2	2.3	1.7	.0	.0
Total Fat.....	8.3	.3	.4	.2	6.1	1.2	.0	.0
Saturated Fat.....	6.2	.2	.2	.1	5.0	.7	.0	.0
Monounsaturated Fat.....	6.6	.2	.2	.2	4.7	1.2	.0	.0
Polyunsaturated Fat.....	16.1	.7	.6	.4	11.7	2.8	.1	.0
Cholesterol.....	.9	.0	.0	.0	.6	.2	.0	.0
Carbohydrate.....	20.8	4.9	6.5	.3	6.4	2.7	9.8	.0
Dietary Fiber.....	40.3	6.3	8.8	1.7	11.8	11.6	.0	.0
Vitamin A (IU).....	24.9	5.4	1.8	9.3	1.0	7.5	.1	.0
Vitamin A (RE).....	14.4	2.4	.9	6.0	.9	4.3	.1	.0
Carotenes.....	47.4	12.6	4.4	14.0	.5	16.1	.2	.0
Vitamin E.....	18.5	4.4	3.9	1.3	5.4	3.5	.0	.0
Ascorbic Acid.....	52.4	30.5	8.9	1.6	7.2	4.3	12.1	.0
Thiamin.....	14.0	4.9	1.8	.3	4.0	3.0	.2	.0
Riboflavin.....	5.7	1.2	1.5	.4	1.0	1.6	.4	.0
Niacin.....	11.4	1.9	1.4	.3	5.4	2.4	.1	.0
Vitamin B-6.....	21.0	3.3	6.3	.8	8.2	2.4	.1	.0
Folacin.....	26.5	13.4	2.2	1.5	3.4	6.1	.6	.0
Vitamin B-12.....	.5	.1	.0	.0	.1	.3	.0	.0
Calcium.....	5.2	1.3	.8	.6	1.3	1.2	2.3	.0
Phosphorus.....	7.5	1.3	.8	.2	3.0	2.1	1.7	.0
Magnesium.....	18.0	4.2	3.3	1.0	5.5	4.1	1.2	.0
Iron.....	10.7	1.7	2.3	.6	2.9	3.2	1.1	.0
Zinc.....	6.1	.7	.7	.2	2.1	2.4	.9	.0
Copper.....	24.0	5.7	4.8	1.0	8.3	4.3	3.6	.0
Sodium.....	11.8	2.6	.1	.5	4.1	4.4	.6	.0
Potassium.....	28.2	7.3	6.0	.7	10.1	4.1	.5	.0

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.







Table 2.2A.--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986

All Women

Food Energy, Nutrients, and Dietary Components	: Meat, Poultry, Fish	: Milk, Milk Products	: Eggs	: Legumes, Nuts, Seeds	: Grain Products	: Fats, Oils	: Sugars, Sweets
	:	:	:	:	:	:	:
	-----Percent-----						
Food Energy.....	24.4	10.8	3.1	2.6	28.8	4.0	2.9
Protein.....	48.6	14.3	4.8	3.2	21.3	.2	.5
Total Fat.....	35.7	14.0	5.7	3.0	20.6	10.0	1.1
Saturated Fat.....	35.6	22.9	4.8	1.9	18.2	7.3	1.4
Monounsaturated Fat.....	40.7	11.1	6.0	3.4	20.8	9.1	1.0
Polysaturated Fat.....	25.7	3.2	5.5	4.5	26.5	17.7	.7
Cholesterol.....	40.8	12.0	31.1	.3	12.3	1.7	.1
Carbohydrate.....	5.7	7.5	.3	2.4	39.1	.6	5.3
Dietary Fiber.....	8.7	.9	.1	9.7	33.1	.1	1.0
Vitamin A (IU).....	14.7	14.1	5.6	.6	19.6	5.4	.1
Vitamin A (RE).....	13.8	19.0	8.7	.4	21.9	8.3	.1
Carotenes.....	15.5	6.1	.6	1.0	15.5	3.1	.1
Vitamin E.....	18.1	5.0	5.5	4.4	28.1	16.0	1.0
Ascorbic Acid.....	13.6	3.7	.2	.5	10.9	.1	.1
Thiamin.....	25.4	7.3	1.9	3.3	42.6	.1	.6
Riboflavin.....	26.2	24.1	5.7	1.4	29.5	.3	1.0
Niacin.....	45.9	1.6	.2	2.5	31.6	.0	.6
Vitamin B-6.....	34.6	8.2	2.8	3.0	21.9	.9	.3
Folacin.....	11.4	6.4	6.4	7.4	29.7	.2	.6
Vitamin B-12.....	55.5	21.0	9.0	.3	12.0	.5	.3
Calcium.....	9.4	42.5	3.2	2.0	26.0	.5	.7
Phosphorus.....	29.3	23.8	4.7	3.5	22.8	.4	.7
Magnesium.....	19.0	14.4	1.7	5.9	24.7	.1	1.1
Iron.....	27.5	2.2	4.9	3.7	42.3	.3	.8
Zinc.....	48.1	13.0	4.2	3.2	20.3	.1	.5
Copper.....	21.5	3.7	1.7	5.8	28.7	.1	1.4
Sodium.....	30.7	9.4	2.7	3.0	34.4	3.5	.4
Potassium.....	22.8	15.6	1.8	3.7	13.2	.4	.8

Table 2.2A.--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986--continued

All Women

Food Energy, Nutrients, and Dietary Components	Vegetables and Fruits						Beverages	
	Total	Citrus Fruits, Tomatoes	Noncitrus Fruits	Dark-Green, Deep-Yellow Vegetables	White Potatoes	Other Vegetables	Nonalcoholic	Alcoholic
-----Percent-----								
Food Energy.....	13.5	2.6	2.1	0.5	5.9	2.4	8.9	1.0
Protein.....	6.9	1.3	.4	.5	2.5	2.3	.0	.1
Total Fat.....	9.5	.5	.5	.5	6.3	1.7	.3	.0
Saturated Fat.....	7.6	.3	.3	.4	5.4	1.2	.3	.0
Monounsaturated Fat.....	7.8	.3	.4	.5	4.9	1.6	.2	.0
Polyunsaturated Fat.....	15.9	1.0	.5	.8	10.7	2.9	.5	.0
Cholesterol.....	1.6	.1	.0	.1	1.1	.3	.0	.0
Carbohydrate.....	20.9	4.9	4.1	.7	7.6	3.6	17.7	.6
Dietary Fiber.....	45.8	7.1	5.9	3.7	13.5	15.5	.2	.3
Vitamin A (IU).....	39.7	10.0	2.6	14.4	1.4	11.3	.3	.0
Vitamin A (RE).....	27.5	5.7	1.7	10.8	1.4	7.9	.3	.0
Carotenes.....	58.0	17.1	4.2	18.2	.6	17.9	.2	.0
Vitamin E.....	21.9	5.4	2.7	2.7	6.1	5.0	.0	.0
Ascorbic Acid.....	63.2	30.4	6.0	4.1	11.2	11.6	7.5	.2
Thiamin.....	18.4	5.6	1.6	.8	5.7	4.9	.2	.3
Riboflavin.....	9.7	2.2	1.3	1.3	1.6	3.3	1.5	.6
Niacin.....	12.6	2.3	1.0	.5	5.9	3.0	4.4	.6
Vitamin B-6.....	27.2	4.3	4.6	1.8	11.9	4.7	.2	.9
Folacin.....	33.7	12.3	1.9	3.1	4.7	11.6	3.3	1.0
Vitamin B-12.....	.9	.1	.0	.1	.3	.4	.0	.8
Calcium.....	10.3	2.1	.8	2.0	2.2	3.2	5.1	.4
Phosphorus.....	10.1	1.8	.6	.6	3.8	3.3	4.4	.4
Magnesium.....	22.2	4.8	2.3	2.2	6.7	6.2	10.0	.8
Iron.....	13.8	2.5	1.3	1.4	3.8	4.9	4.3	.3
Zinc.....	7.7	.9	.5	.6	2.4	3.3	2.7	.1
Copper.....	25.5	6.0	3.0	1.7	9.2	5.6	11.0	.6
Sodium.....	14.4	2.9	.1	1.0	5.1	5.3	1.4	.1
Potassium.....	31.9	8.1	3.9	1.5	11.5	6.8	9.4	.5

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 2.2B.--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986

All Women, Food Stamp Status: Participating

Food Energy, Nutrients, and Dietary Components	Meat, Poultry, Fish	Milk, Milk Products	Eggs	Legumes, Nuts, Seeds	Grain Products	Fats, Oils	Sugars, Sweets
-----Percent-----							
Food Energy.....	25.1	10.2	3.3	2.9	28.4	4.0	2.9
Protein.....	49.2	13.6	4.9	3.5	21.1	.2	.4
Total Fat.....	37.1	13.3	6.1	3.0	19.9	9.9	1.0
Saturated Fat.....	37.2	21.7	5.2	2.0	17.8	6.9	1.2
Monounsaturated Fat.....	42.0	10.5	6.4	3.2	20.0	8.9	1.0
Polyunsaturated Fat.....	27.0	3.1	5.7	4.4	25.4	17.8	.7
Cholesterol.....	40.7	11.1	32.8	.3	11.7	1.7	.1
Carbohydrate.....	5.9	7.1	.3	2.8	38.8	.5	5.5
Dietary Fiber.....	9.5	.9	.0	10.8	32.4	.1	.9
Vitamin A (IU).....	16.1	13.6	6.4	.7	20.5	5.4	.1
Vitamin A (RE).....	15.1	18.1	9.8	.5	22.3	8.3	.1
Carotenes.....	17.0	6.3	.6	.9	17.2	3.3	.1
Vitamin E.....	18.6	4.7	5.9	4.4	27.9	16.5	.9
Ascorbic Acid.....	14.2	3.7	.1	.7	11.9	.1	.1
Thiamin.....	26.8	6.8	1.9	4.0	41.5	.1	.5
Riboflavin.....	27.7	23.0	6.1	1.8	28.8	.3	.8
Niacin.....	46.5	1.4	.2	2.7	31.0	.0	.4
Vitamin B-6.....	35.5	7.8	2.9	3.5	21.6	1.3	.3
Folacin.....	11.7	6.0	6.7	8.4	28.8	.2	.5
Vitamin B-12.....	56.3	20.3	9.7	.4	11.0	.5	.2
Calcium.....	9.6	41.2	3.4	2.4	26.1	.4	.7
Phosphorus.....	29.8	22.6	4.9	3.9	22.7	.4	.6
Magnesium.....	19.7	13.7	1.8	6.6	24.2	.1	.9
Iron.....	28.4	1.9	5.2	4.2	41.5	.3	.7
Zinc.....	49.0	12.2	4.4	3.5	19.9	.1	.4
Copper.....	22.1	3.5	1.8	6.4	28.4	.1	1.2
Sodium.....	31.6	9.1	2.9	3.0	34.3	3.3	.4
Potassium.....	23.7	15.0	1.9	4.0	13.2	.4	.7

Table 2.2B.--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986--continued

All Women, Food Stamp Status: Participating

Food Energy, Nutrients, and Dietary Components	Vegetables and Fruits						Beverages	
	Total	Citrus Fruits	Noncitrus Fruits	Dark-Green, Deep-Yellow Vegetables	White Potatoes	Other Vegetables	Nonalcoholic	Alcoholic
		Tomatoes						
	-----Percent-----							
Food Energy.....	13.3	2.7	1.8	0.5	5.8	2.5	9.1	0.9
Protein.....	6.8	1.3	.4	.4	2.4	2.4	.0	.1
Total Fat.....	9.3	.5	.4	.6	6.2	1.7	.3	.0
Saturated Fat.....	7.7	.3	.3	.4	5.5	1.2	.3	.0
Monounsaturated Fat.....	7.8	.3	.3	.6	5.0	1.6	.2	.0
Polyunsaturated Fat.....	15.5	1.0	.5	.9	10.1	3.0	.4	.0
Cholesterol.....	1.6	.0	.0	.1	1.1	.4	.0	.0
Carbohydrate.....	20.7	5.0	3.7	.7	7.4	3.9	17.8	.6
Dietary Fiber.....	44.8	6.1	5.1	3.4	13.1	17.1	.2	.4
Vitamin A (IU).....	36.9	9.5	2.5	11.4	1.4	12.1	.2	.0
Vitamin A (RE).....	25.7	5.5	1.6	8.7	1.4	8.5	.2	.0
Carotenes.....	54.4	16.2	4.0	14.6	.6	19.1	.2	.0
Vitamin E.....	21.0	5.2	2.3	2.6	5.8	5.1	.0	.0
Ascorbic Acid.....	61.9	30.6	5.2	3.4	10.8	11.9	7.1	.2
Thiamin.....	18.1	5.5	1.4	.7	5.3	5.2	.2	.3
Riboflavin.....	9.7	2.1	1.2	1.2	1.6	3.6	1.3	.6
Niacin.....	12.4	2.1	.9	.5	5.6	3.3	4.8	.7
Vitamin B-6.....	26.2	4.2	3.8	1.6	11.5	5.1	.1	.9
Folacin.....	33.8	12.4	1.6	2.8	4.5	12.5	2.8	1.0
Vitamin B-12.....	.8	.0	.0	.1	.3	.4	.0	.8
Calcium.....	10.3	2.2	.7	2.0	2.2	3.2	5.5	.3
Phosphorus.....	10.1	1.8	.6	.5	3.7	3.5	4.6	.3
Magnesium.....	21.9	4.7	2.1	2.0	6.4	6.7	10.3	.8
Iron.....	13.3	2.3	1.1	1.3	3.6	5.0	4.3	.2
Zinc.....	7.7	.9	.5	.5	2.3	3.5	2.6	.1
Copper.....	24.8	5.8	2.6	1.7	8.7	6.0	11.3	.5
Sodium.....	13.9	2.6	.1	1.1	5.1	5.1	1.5	.1
Potassium.....	31.2	8.1	3.5	1.3	11.1	7.2	9.5	.4

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.





Table 2.2C.--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986--continued

All Women, Food Stamp Status: Not Participating

Food Energy, Nutrients, and Dietary Components	Vegetables and Fruits						Beverages	
	Total	Citrus Fruits, Tomatoes	Noncitrus Fruits	Dark-Green, Deep-Yellow Vegetables	White Potatoes	Other Vegetables	Nonalcoholic	Alcoholic
	-----Percent-----							
Food Energy.....	13.6	2.5	2.2	0.5	6.0	2.3	8.8	1.0
Protein.....	6.9	1.3	.5	.5	2.6	2.2	.1	.2
Total Fat.....	9.6	.5	.5	.5	6.4	1.7	.3	.0
Saturated Fat.....	7.6	.3	.4	.4	5.4	1.2	.3	.0
Monounsaturated Fat.....	7.8	.3	.5	.5	4.9	1.6	.2	.0
Polyunsaturated Fat.....	16.1	.9	.6	.8	11.1	2.8	.5	.0
Cholesterol.....	1.5	.1	.0	.1	1.1	.3	.0	.0
Carbohydrate.....	21.1	4.9	4.5	.7	7.7	3.3	17.5	.5
Dietary Fiber.....	46.5	7.9	6.5	4.0	13.8	14.3	.2	.2
Vitamin A (IU).....	41.9	10.4	2.8	16.6	1.3	10.8	.3	.0
Vitamin A (RE).....	28.9	5.9	1.8	12.4	1.5	7.4	.4	.0
Carotenes.....	60.7	17.7	4.4	21.0	.6	16.9	.2	.0
Vitamin E.....	22.5	5.5	2.9	2.8	6.3	4.9	.0	.0
Ascorbic Acid.....	64.2	30.2	6.5	4.6	11.5	11.4	7.9	.2
Thiamin.....	18.7	5.6	1.7	.9	5.9	4.6	.2	.3
Riboflavin.....	9.7	2.2	1.5	1.4	1.7	3.0	1.7	.6
Niacin.....	12.8	2.4	1.1	.5	6.1	2.8	4.1	.6
Vitamin B-6.....	28.0	4.4	5.2	2.0	12.2	4.3	.2	.9
Folacin.....	33.7	12.3	2.0	3.4	4.9	11.0	3.7	.9
Vitamin B-12.....	.9	.1	.0	.1	.3	.3	.0	.8
Calcium.....	10.3	2.1	.8	2.1	2.2	3.1	4.8	.4
Phosphorus.....	10.1	1.8	.7	.7	3.9	3.1	4.2	.4
Magnesium.....	22.3	4.8	2.6	2.3	6.9	5.8	9.8	.9
Iron.....	14.1	2.6	1.4	1.5	3.9	4.7	4.3	.3
Zinc.....	7.8	.9	.6	.6	2.5	3.2	2.7	.2
Copper.....	26.1	6.0	3.3	1.7	9.6	5.4	10.8	.7
Sodium.....	14.9	3.1	.1	1.0	5.1	5.6	1.3	.1
Potassium.....	32.3	8.1	4.3	1.7	11.8	6.4	9.3	.5

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 3.1.--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1986

## Children

	:	:	:	:	:	:	:	:
Age, Income Level,	:	:	:	:	:	:	:	:
Race, Region,	:	:	:	Total	Saturated	Monounsaturated	Polyunsaturated	:
Urbanization, and	Individuals	Food Energy	Protein	Fat	Fat	Fat	Fat	Cholesterol
Food Stamp Program	:	:	:	:	:	:	:	:
Status	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	Number	Kilocalories	-----Grams-----				Milligrams	
All Children.....	534	1,450	57.3	58.6	23.7	21.5	9.3	274
Age:								
1-3.....	309	1,406	56.2	57.5	23.4	21.1	8.9	280
4-5.....	225	1,511	59.0	60.0	24.0	22.1	9.7	265
Income Level:								
0-75% Poverty.....	244	1,450	57.9	59.3	23.6	22.0	9.6	290
76-130% Poverty.....	151	1,405	56.0	57.4	23.9	20.7	8.6	270
Over 130% Poverty....	67	1,512	58.0	59.7	24.4	22.0	9.1	231
0-100% Poverty.....	323	1,441	57.6	59.1	23.8	21.8	9.4	283
0-130% Poverty.....	396	1,432	57.2	58.6	23.7	21.5	9.2	282
Race:								
White.....	371	1,512	59.3	61.3	25.0	22.4	9.6	278
Black.....	108	1,290	51.4	51.2	19.7	19.3	8.5	243
Other.....	39	1,415	58.2	56.4	23.1	21.1	8.1	301
Region:								
Northeast.....	112	1,553	59.8	61.8	25.6	22.5	9.4	267
Midwest.....	148	1,503	60.0	61.1	24.7	22.5	9.7	275
South.....	170	1,391	55.1	56.6	22.6	21.0	8.9	275
West.....	103	1,360	54.5	54.6	21.8	20.0	9.0	277
Urbanization:								
Central Cities.....	182	1,397	57.0	55.7	22.4	20.4	9.0	269
Suburban Areas.....	205	1,451	56.6	57.8	23.5	21.1	9.1	279
Nonmetropolitan Areas	147	1,514	58.7	63.2	25.4	23.5	9.8	273
Food Stamp Status:								
Participating.....	281	1,496	59.8	61.6	24.4	22.8	10.0	294
Not Participating....	252	1,399	54.6	55.2	22.8	20.1	8.4	251

Table 3.1.--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1986--continued

## Children

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Carbohydrate	Dietary Fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Ascorbic Acid	Thiamin
	Grams	Units	Retinol Equivalents	Alpha-Tocopherol Equivalents	Milligrams			
All Children.....	177.7	9.1	4,275	855	219	5.6	82	1.20
Age:								
1-3.....	170.0	8.7	4,202	855	209	5.6	80	1.16
4-5.....	188.2	9.8	4,374	855	233	5.6	85	1.25
Income Level:								
0-75% Poverty.....	175.2	9.5	3,910	800	192	5.7	82	1.22
76-130% Poverty.....	170.1	8.3	4,261	807	241	4.9	84	1.09
Over 130% Poverty....	189.9	8.6	4,957	978	260	6.6	83	1.24
0-100% Poverty.....	173.6	9.2	3,971	796	203	5.6	83	1.20
0-130% Poverty.....	173.3	9.0	4,044	803	211	5.4	82	1.17
Race:								
White.....	185.5	9.6	4,437	891	226	6.0	83	1.23
Black.....	158.7	8.1	3,704	784	170	4.6	75	1.13
Other.....	171.7	8.9	4,806	816	318	5.3	95	1.16
Region:								
Northeast.....	194.4	9.5	4,158	802	226	5.5	89	1.28
Midwest.....	182.8	9.5	4,857	939	268	5.6	92	1.24
South.....	168.6	8.3	3,762	830	155	5.2	68	1.14
West.....	167.1	9.4	4,412	832	250	6.4	82	1.15
Urbanization:								
Central Cities.....	171.1	8.9	4,234	858	212	5.1	85	1.18
Suburban Areas.....	180.2	9.3	4,076	819	208	5.6	74	1.18
Nonmetropolitan Areas	182.1	9.2	4,603	902	245	6.3	90	1.25
Food Stamp Status:								
Participating.....	179.9	9.7	4,137	840	206	6.0	82	1.26
Not Participating....	175.1	8.5	4,428	872	234	5.2	82	1.13

Table 3.1.--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1986--continued

Children

	:	:	:	:	:	:	:
Age, Income Level,	:	:	:	:	:	:	:
Race, Region,	:	:	:	:	:	:	:
Urbanization, and	:	:	:	:	:	:	:
Food Stamp Program	:	:	:	:	:	:	:
Status	:	:	:	:	:	:	:
	:	:	:	:	:	:	:
	-----	-----	-----	-----	-----	-----	-----
	Milligrams	Milligrams	Micrograms	Micrograms	Micrograms	Milligrams	Milligrams
All Children.....	1.73	14.4	1.29	201	4.59	840	1,048
Age:							
1-3.....	1.73	13.9	1.26	197	4.63	843	1,032
4-5.....	1.74	15.1	1.32	207	4.54	837	1,070
Income Level:							
0-75% Poverty.....	1.70	14.7	1.27	206	4.42	807	1,041
76-130% Poverty.....	1.68	13.2	1.23	185	4.35	870	1,038
Over 130% Poverty....	1.88	15.2	1.36	196	4.81	912	1,092
0-100% Poverty.....	1.71	14.4	1.27	203	4.40	822	1,044
0-130% Poverty.....	1.69	14.1	1.25	198	4.40	831	1,040
Race:							
White.....	1.84	14.8	1.34	206	4.84	914	1,115
Black.....	1.46	13.6	1.14	191	4.20	644	867
Other.....	1.57	14.4	1.27	191	3.84	747	997
Region:							
Northeast.....	1.84	15.6	1.38	207	4.61	908	1,109
Midwest.....	1.84	14.8	1.31	201	4.49	917	1,112
South.....	1.63	13.8	1.21	197	4.87	760	979
West.....	1.62	13.6	1.27	202	4.26	790	1,006
Urbanization:							
Central Cities.....	1.73	14.1	1.27	200	4.50	850	1,040
Suburban Areas.....	1.72	14.4	1.30	198	4.68	828	1,040
Nonmetropolitan Areas	1.76	14.9	1.29	206	4.57	846	1,070
Food Stamp Status:							
Participating.....	1.77	15.2	1.33	213	4.60	840	1,079
Not Participating....	1.70	13.6	1.24	188	4.58	841	1,013

Children

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Women



Table 3.2.--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1986--continued

## Women

	:	:	:	:	:	:	:	:
Age, Income Level,	:	:	:	:	:	:	:	:
Race, Region,	:	:	:	:	:	:	:	:
Urbanization, and	:	:	:	:	:	:	:	:
Food Stamp Program	:	:	:	:	:	:	:	:
Status	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	Carbohydrate	Dietary Fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Ascorbic Acid	Thiamin
	Grams	Units	Retinol Equivalents	Alpha-Tocopherol Equivalents	Milligrams			
All Women.....	167.5	9.4	4,271	744	276	6.2	68	1.04
Age:								
19-34.....	177.0	9.4	4,459	808	273	6.3	68	1.09
35-50.....	152.1	9.5	3,965	638	281	6.0	68	.97
Income Level:								
0-75% Poverty.....	165.1	9.3	4,022	721	250	6.1	69	1.05
76-130% Poverty.....	165.2	9.0	4,096	691	275	5.8	66	1.01
Over 130% Poverty....	173.0	10.4	5,297	920	343	7.6	70	1.10
0-100% Poverty.....	167.2	9.3	4,025	710	256	6.1	69	1.05
0-130% Poverty.....	165.2	9.2	4,054	708	261	5.9	68	1.03
Race:								
White.....	170.7	9.8	4,351	749	285	6.6	64	1.05
Black.....	155.3	8.1	4,116	750	251	4.8	74	.96
Other.....	177.8	10.1	4,549	770	304	7.4	78	1.15
Region:								
Northeast.....	162.8	8.9	4,070	711	260	5.5	72	1.02
Midwest.....	166.8	9.7	4,468	822	268	6.7	70	1.09
South.....	169.1	8.9	3,963	682	260	5.4	61	.99
West.....	169.9	10.3	4,674	775	321	7.5	73	1.09
Urbanization:								
Central Cities.....	162.7	8.9	4,000	723	245	6.1	74	1.03
Suburban Areas.....	170.8	9.6	4,436	764	289	5.9	63	1.02
Nonmetropolitan Areas	168.5	9.9	4,354	740	291	6.6	68	1.09
Food Stamp Status:								
Participating.....	161.2	9.0	4,030	718	253	6.1	67	1.03
Not Participating....	172.4	9.8	4,456	764	294	6.3	69	1.05

Table 3.2.--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1986--continued

Women

	:	:	:	:	:	:	:
Age, Income Level,	:	:	:	:	:	:	:
Race, Region,	:	:	:	:	:	:	:
Urbanization, and	:	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium
Food Stamp Program	:	:	:	:	:	:	Phosphorus
Status	:	:	:	:	:	:	:
	:	:	:	:	:	:	:
		-----Milligrams-----		-----Micrograms-----		-----Milligrams-----	
All Women.....	1.29	15.0	1.09	184	4.47	576	919
Age:							
19-34.....	1.37	15.4	1.12	185	4.92	617	958
35-50.....	1.16	14.3	1.04	183	3.74	508	854
Income Level:							
0-75% Poverty.....	1.26	14.8	1.07	186	4.74	546	901
76-130% Poverty.....	1.29	14.8	1.07	172	4.13	604	932
Over 130% Poverty....	1.41	16.1	1.20	202	4.50	583	927
0-100% Poverty.....	1.27	14.8	1.07	184	4.53	567	912
0-130% Poverty.....	1.27	14.8	1.07	180	4.47	571	914
Race:							
White.....	1.36	15.3	1.12	187	4.16	632	963
Black.....	1.10	13.6	.97	170	4.79	425	775
Other.....	1.30	16.5	1.18	197	5.99	528	938
Region:							
Northeast.....	1.23	15.7	1.11	167	4.74	545	877
Midwest.....	1.43	15.5	1.13	180	4.48	659	972
South.....	1.14	14.1	.99	180	4.30	478	846
West.....	1.42	15.2	1.17	210	4.49	655	1,001
Urbanization:							
Central Cities.....	1.27	14.7	1.08	188	4.53	566	905
Suburban Areas.....	1.27	14.9	1.09	182	4.78	567	913
Nonmetropolitan Areas	1.33	15.4	1.11	183	4.05	596	939
Food Stamp Status:							
Participating.....	1.24	14.6	1.06	183	4.59	546	896
Not Participating....	1.33	15.3	1.12	186	4.38	599	937

## Women

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 4A.--Food Energy and Protein: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1986

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Food Energy (Percentile)					Protein (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
		:	:	:	:	:	:	:	:	:	:
	Number	-----Kilocalories-----					-----Grams-----				
All Children.....	534	936	1,173	1,385	1,687	2,038	37.8	44.1	54.7	66.3	80.6
Age:											
1-3.....	309	898	1,096	1,337	1,624	1,989	37.6	43.0	53.8	65.1	79.6
4-5.....	225	996	1,235	1,463	1,713	2,096	38.3	46.6	55.5	69.1	83.8
Income Level:											
0-75% Poverty.....	244	928	1,157	1,410	1,673	2,064	38.1	43.8	55.1	65.4	83.9
76-130% Poverty.....	151	896	1,057	1,338	1,712	1,984	35.5	44.0	56.1	67.2	76.1
Over 130% Poverty....	67	1,094	1,241	1,444	1,694	2,183	40.1	43.7	54.3	64.3	80.6
0-100% Poverty.....	323	908	1,121	1,407	1,686	2,038	37.8	43.5	55.4	66.9	83.7
0-130% Poverty.....	396	908	1,121	1,385	1,686	1,999	37.4	43.8	55.5	66.8	79.8
Region:											
Northeast.....	112	952	1,221	1,467	1,886	2,166	39.5	44.0	58.3	68.3	83.9
Midwest.....	148	908	1,250	1,500	1,711	2,057	37.8	46.1	59.3	70.8	84.7
South.....	170	962	1,115	1,338	1,568	1,947	39.2	44.5	51.8	61.5	75.2
West.....	103	860	1,084	1,304	1,595	1,921	36.0	41.6	50.8	62.8	79.0
Food Stamp Status:											
Participating.....	281	980	1,212	1,431	1,711	2,124	39.7	46.5	56.7	69.1	85.7
Not Participating....	252	908	1,110	1,354	1,665	1,947	36.0	41.9	52.6	63.3	77.0
All Women.....	966	791	1,072	1,363	1,721	2,089	33.0	43.7	54.7	69.8	86.9
Age:											
19-34.....	598	837	1,107	1,399	1,787	2,172	33.8	45.4	55.0	71.1	91.3
35-50.....	367	749	1,019	1,305	1,622	1,916	30.9	41.8	54.2	65.3	82.2
Income Level:											
0-75% Poverty.....	420	713	1,049	1,382	1,785	2,083	30.8	42.7	55.0	71.0	86.5
76-130% Poverty.....	320	866	1,077	1,337	1,687	2,124	35.1	46.6	54.4	67.2	86.1
Over 130% Poverty....	137	933	1,170	1,332	1,636	2,078	36.1	44.2	54.7	65.2	82.9
0-100% Poverty.....	581	751	1,050	1,372	1,758	2,087	33.0	43.2	54.8	70.2	86.3
0-130% Poverty.....	740	783	1,066	1,363	1,730	2,087	33.7	44.5	54.9	70.1	86.5
Region:											
Northeast.....	183	826	1,050	1,338	1,635	1,981	35.5	45.3	52.8	66.4	84.4
Midwest.....	240	828	1,130	1,399	1,712	2,118	33.4	46.1	58.6	71.1	86.5
South.....	323	751	1,013	1,305	1,716	2,145	29.5	39.3	52.1	70.7	86.3
West.....	220	865	1,154	1,408	1,785	2,089	35.1	47.4	55.0	68.0	92.9
Food Stamp Status:											
Participating.....	420	734	1,037	1,335	1,693	2,018	31.9	42.4	53.4	67.8	84.5
Not Participating....	545	864	1,099	1,374	1,721	2,158	33.5	45.0	55.1	71.0	89.1

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 4B.--Total Fat and Saturated Fat: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1986

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Total Fat (Percentile)						Saturated Fat (Percentile)					
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th		
		:	:	:	:	:	:	:	:	:	:	:	:
	Number	Grams											
All Children.....	534	36.3	44.3	55.7	69.3	83.2	14.3	17.5	22.6	28.0	35.7		
Age:													
1-3.....	309	36.1	43.0	54.3	68.3	82.9	14.0	17.7	22.5	27.8	35.7		
4-5.....	225	36.7	46.3	56.8	70.4	86.5	15.0	17.3	22.8	28.0	35.8		
Income Level:													
0-75% Poverty.....	244	36.7	45.1	57.0	69.3	82.7	14.5	17.9	22.8	27.5	35.0		
76-130% Poverty.....	151	34.7	41.6	54.7	69.6	83.1	13.5	17.2	23.5	29.0	36.0		
Over 130% Poverty....	67	41.0	45.7	56.8	70.5	83.0	15.4	18.5	23.4	28.9	36.1		
0-100% Poverty.....	323	36.1	44.3	56.6	70.2	83.2	14.3	17.7	22.8	28.0	35.0		
0-130% Poverty.....	396	35.6	43.3	56.6	69.4	83.1	14.1	17.5	22.8	28.0	35.0		
Region:													
Northeast.....	112	36.7	44.3	60.4	74.0	88.0	15.0	18.9	25.4	30.1	36.4		
Midwest.....	148	37.6	48.3	59.2	69.3	90.4	14.0	19.6	23.8	29.0	35.8		
South.....	170	37.1	42.7	52.9	67.1	83.0	13.8	17.2	21.5	25.8	36.0		
West.....	103	34.5	41.0	50.8	66.6	82.4	14.2	16.7	20.3	25.5	33.5		
Food Stamp Status:													
Participating.....	281	37.5	48.1	57.0	71.8	93.1	14.8	18.7	22.9	28.0	38.4		
Not Participating....	252	34.9	42.1	53.2	65.3	79.8	13.8	17.0	21.9	27.7	33.4		
All Women.....	966	29.5	40.5	54.7	70.4	94.6	10.4	14.4	19.8	26.3	33.9		
Age:													
19-34.....	598	31.9	41.8	56.1	70.9	96.5	11.1	15.1	20.6	27.3	36.2		
35-50.....	367	27.5	38.6	51.5	66.6	88.8	9.1	13.3	18.3	23.8	31.9		
Income Level:													
0-75% Poverty.....	420	27.1	39.2	54.8	71.3	98.4	10.0	13.6	19.4	26.4	33.5		
76-130% Poverty.....	320	31.8	41.8	55.3	69.8	87.7	10.6	15.0	20.6	26.2	35.2		
Over 130% Poverty....	137	32.8	45.1	53.6	69.6	88.9	12.1	15.7	19.7	26.1	32.3		
0-100% Poverty.....	581	28.7	39.4	55.0	70.9	98.4	10.1	13.9	19.8	26.3	33.9		
0-130% Poverty.....	740	29.3	39.8	55.0	70.1	95.9	10.2	14.3	19.8	26.3	33.8		
Region:													
Northeast.....	183	29.9	39.0	51.8	65.3	90.1	10.7	14.1	19.0	24.0	33.9		
Midwest.....	240	32.9	44.9	58.8	72.6	92.9	11.6	16.4	21.2	27.9	35.3		
South.....	323	26.0	38.5	49.0	67.8	90.1	8.8	13.2	17.6	24.2	33.0		
West.....	220	33.4	44.5	59.0	71.9	101.9	11.6	16.8	21.7	27.4	33.5		
Food Stamp Status:													
Participating.....	420	26.8	39.2	53.6	69.2	94.1	9.8	13.6	19.5	26.2	32.4		
Not Participating....	545	31.9	41.9	55.3	70.9	94.6	10.7	15.0	20.0	26.6	34.6		

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 4C.--Monounsaturated Fat and Polyunsaturated Fat: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1986

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Monounsaturated Fat (Percentile)						Polyunsaturated Fat (Percentile)					
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th		
		:	:	:	:	:	:	:	:	:	:	:	
		:	:	:	:	:	:	:	:	:	:	:	
Number		Grams											
All Children.....	534	13.0	16.2	20.2	25.4	31.1	5.1	6.5	8.5	11.3	14.5		
Age:													
1-3.....	309	12.7	15.7	19.8	24.9	31.1	5.0	6.3	8.1	10.8	14.2		
4-5.....	225	13.5	17.0	20.6	25.7	31.3	5.4	7.2	9.0	11.5	15.4		
Income Level:													
0-75% Poverty.....	244	13.3	16.4	20.6	25.7	31.1	5.4	6.9	8.8	11.5	14.5		
76-130% Poverty.....	151	12.7	15.2	19.9	25.3	30.7	4.7	5.9	8.0	10.4	13.8		
Over 130% Poverty....	67	15.0	16.7	20.1	25.5	29.5	5.7	6.6	8.5	10.5	13.7		
0-100% Poverty.....	323	13.0	16.1	20.5	26.4	31.3	5.0	6.4	8.6	11.5	14.6		
0-130% Poverty.....	396	12.9	16.0	20.5	25.6	31.1	5.0	6.3	8.5	11.4	14.5		
Region:													
Northeast.....	112	13.0	16.2	21.2	27.5	32.3	4.9	6.3	8.5	11.6	14.2		
Midwest.....	148	13.5	17.8	21.0	26.7	33.7	5.7	6.6	8.7	11.4	15.4		
South.....	170	13.3	16.1	19.6	24.1	30.7	4.9	6.6	8.1	10.7	14.1		
West.....	103	12.2	15.3	19.2	23.7	29.9	5.1	6.0	8.4	10.7	14.6		
Food Stamp Status:													
Participating.....	281	13.4	16.6	21.1	27.0	34.6	5.7	7.0	9.1	12.7	15.6		
Not Participating....	252	12.7	15.2	19.3	23.6	28.7	4.8	5.9	8.1	10.0	13.2		
All Women.....	966	10.8	15.4	20.8	26.6	35.1	4.9	6.9	9.6	13.2	17.9		
Age:													
19-34.....	598	11.8	15.9	20.9	27.3	37.0	5.0	7.0	9.8	13.5	17.6		
35-50.....	367	10.3	14.4	20.3	25.7	33.9	4.8	6.9	9.4	12.9	18.2		
Income Level:													
0-75% Poverty.....	420	9.8	14.8	20.7	27.3	37.0	4.7	6.7	9.7	13.6	18.3		
76-130% Poverty.....	320	12.0	15.7	20.8	26.1	34.1	5.1	7.1	9.2	12.8	16.7		
Over 130% Poverty....	137	12.0	16.4	21.2	26.9	34.1	6.1	7.6	9.9	13.2	17.3		
0-100% Poverty.....	581	10.2	15.0	20.9	27.0	36.0	4.7	6.7	9.6	13.1	18.1		
0-130% Poverty.....	740	10.7	15.2	20.8	26.5	35.5	4.7	6.8	9.5	13.1	17.9		
Region:													
Northeast.....	183	10.9	15.0	18.8	25.2	33.4	4.9	6.9	9.9	12.8	16.9		
Midwest.....	240	12.1	17.4	21.8	28.8	34.8	4.9	6.8	9.9	13.5	18.8		
South.....	323	10.2	14.6	19.4	26.4	36.0	4.6	6.6	8.9	12.6	16.3		
West.....	220	11.8	15.9	21.8	26.9	33.9	5.8	7.3	9.7	15.0	20.2		
Food Stamp Status:													
Participating.....	420	9.8	15.0	20.3	26.4	33.9	4.6	6.6	8.8	12.6	17.6		
Not Participating....	545	12.0	15.8	21.3	26.9	36.0	5.3	7.2	10.1	13.7	17.9		

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.



Table 4D.--Cholesterol and Carbohydrate: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1986

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Cholesterol (Percentile)					Carbohydrate (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
		:	:	:	:	:	:	:	:	:	:
	Number	-----Milligrams-----					-----Grams-----				
All Children.....	534	120	170	249	348	465	111.8	137.4	171.7	210.9	251.2
Age:											
1-3.....	309	127	172	259	347	465	103.1	127.5	160.8	203.2	246.2
4-5.....	225	118	160	233	349	475	121.3	148.9	185.8	223.3	254.2
Income Level:											
0-75% Poverty.....	244	134	188	259	366	502	106.2	136.1	166.0	209.3	246.0
76-130% Poverty.....	151	98	162	268	361	440	103.0	121.3	162.4	209.5	251.2
Over 130% Poverty....	67	109	129	213	282	483	147.3	156.3	187.7	204.1	261.5
0-100% Poverty.....	323	129	184	257	361	465	103.0	132.9	166.0	209.3	246.0
0-130% Poverty.....	396	120	183	259	366	460	103.1	128.6	165.6	209.3	246.2
Region											
Northeast.....	112	120	184	244	332	432	122.6	145.3	194.9	239.4	268.6
Midwest.....	148	125	173	234	360	482	118.8	144.5	181.7	213.3	250.2
South.....	170	128	188	269	347	449	106.2	131.6	160.8	194.0	243.8
West.....	103	100	133	227	381	543	102.1	127.4	158.9	204.0	232.3
Food Stamp Status:											
Participating.....	281	132	186	265	366	504	108.3	139.5	173.6	213.8	252.3
Not Participating....	252	102	144	231	327	434	113.5	129.5	169.5	209.3	250.9
All Women.....	966	111	166	259	373	516	85.1	121.6	160.3	206.9	253.9
Age:											
19-34.....	598	109	162	243	375	521	95.1	128.3	168.5	218.3	271.4
35-50.....	367	120	185	270	371	506	77.2	110.5	150.2	188.7	229.3
Income Level:											
0-75% Poverty.....	420	120	183	268	394	540	75.1	121.5	160.1	204.4	256.1
76-130% Poverty.....	320	118	172	270	375	501	89.8	120.3	153.8	200.7	247.7
Over 130% Poverty....	137	108	130	225	324	446	100.9	128.2	172.6	211.0	251.5
0-100% Poverty.....	581	118	178	268	387	527	76.4	121.1	160.3	207.1	256.2
0-130% Poverty.....	740	119	179	269	382	524	84.4	120.8	159.1	202.7	251.4
Region											
Northeast.....	183	113	174	241	342	495	85.1	123.0	156.8	195.3	226.1
Midwest.....	240	104	178	233	382	491	78.7	122.9	160.3	202.7	251.5
South.....	323	120	163	266	387	584	88.0	118.4	159.3	216.0	270.7
West.....	220	119	161	272	370	521	94.9	125.3	162.8	212.0	253.9
Food Stamp Status:											
Participating.....	420	111	174	254	382	495	75.1	118.4	159.8	194.9	242.1
Not Participating....	545	110	163	263	366	527	96.6	122.5	160.3	216.2	264.3

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 4E.--Dietary Fiber and Vitamin A (IU): Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1986

Age, Income Level, Region, and Food Stamp Program Status	: Individuals	Dietary Fiber (Percentile)					Vitamin A (Percentile)				
		: 10th	: 25th	: 50th	: 75th	: 90th	: 10th	: 25th	: 50th	: 75th	: 90th
International											
Number	Grams					Units					
All Children.....	534	4.5	6.1	8.6	11.8	14.4	1,669	2,300	3,463	5,064	7,648
Age:											
1-3.....	309	4.5	5.6	7.9	11.2	13.6	1,669	2,410	3,398	5,312	7,789
4-5.....	225	4.9	6.6	9.2	12.3	16.6	1,644	2,255	3,526	4,968	7,395
Income Level:											
0-75% Poverty.....	244	4.5	6.1	8.8	12.3	15.6	1,644	2,207	3,353	4,709	7,078
76-130% Poverty.....	151	3.8	5.2	8.1	11.4	13.0	1,551	2,185	3,266	4,554	7,081
Over 130% Poverty....	67	5.4	6.4	7.6	10.8	13.5	2,105	2,837	3,902	5,392	7,648
0-100% Poverty.....	323	4.3	5.9	8.7	11.8	15.1	1,596	2,202	3,290	4,656	7,078
0-130% Poverty.....	396	4.2	5.9	8.6	11.8	14.6	1,581	2,202	3,290	4,663	7,078
Region											
Northeast.....	112	4.3	6.1	9.3	12.5	15.5	1,644	2,542	3,526	4,756	6,958
Midwest.....	148	4.9	6.2	9.2	12.3	15.1	2,038	2,931	4,122	6,357	7,913
South.....	170	4.2	5.7	8.0	10.0	13.5	1,596	2,046	2,851	4,324	6,741
West.....	103	5.0	6.6	8.8	11.8	14.4	1,789	2,338	3,388	4,496	7,781
Food Stamp Status:											
Participating.....	281	4.8	6.7	9.2	12.4	15.1	1,685	2,340	3,419	4,950	7,395
Not Participating....	252	4.1	5.6	7.6	10.8	13.6	1,644	2,253	3,521	5,145	7,781
All Women.....	966	3.8	5.8	8.6	11.9	15.6	944	1,651	2,805	5,164	9,234
Age:											
19-34.....	598	3.9	5.9	8.4	11.5	15.6	967	1,687	2,810	5,307	10,006
35-50.....	367	3.5	5.7	8.7	12.5	15.6	790	1,540	2,790	5,111	7,584
Income Level:											
0-75% Poverty.....	420	3.5	5.6	8.4	11.6	15.7	907	1,429	2,516	4,959	8,969
76-130% Poverty.....	320	3.8	5.7	8.2	11.5	15.1	950	1,781	2,817	5,131	8,441
Over 130% Poverty....	137	5.1	6.8	9.9	12.8	15.5	1,247	2,014	3,222	7,149	11,699
0-100% Poverty.....	581	3.4	5.6	8.4	11.8	15.7	918	1,501	2,592	4,801	8,759
0-130% Poverty.....	740	3.6	5.7	8.4	11.6	15.5	919	1,555	2,670	5,022	8,441
Region											
Northeast.....	183	3.7	5.8	8.1	11.3	14.9	1,008	1,611	2,563	5,131	8,969
Midwest.....	240	4.1	6.1	8.9	12.6	15.7	952	1,924	2,903	5,306	9,655
South.....	323	3.3	5.4	8.0	11.1	15.9	789	1,278	2,475	4,801	8,325
West.....	220	4.6	6.7	8.9	13.5	16.4	1,092	1,850	3,209	5,760	11,001
Food Stamp Status:											
Participating.....	420	3.4	5.4	8.2	11.2	15.6	815	1,408	2,539	4,602	8,834
Not Participating....	545	4.1	5.9	8.8	12.4	15.7	1,025	1,827	2,914	5,629	9,442

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 4F.--Vitamin A (RE) and Carotenes: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1986

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Vitamin A (Percentile)					Carotenes (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
		:	:	:	:	:	:	:	:	:	:
		:	:	:	:	:	:	:	:	:	:
Number		Retinol Equivalents									
All Children.....	534	374	535	733	985	1,395	53	75	132	254	440
Age:											
1-3.....	309	368	539	731	985	1,386	52	75	133	250	421
4-5.....	225	374	529	742	989	1,422	53	76	130	258	498
Income Level:											
0-75% Poverty.....	244	361	496	712	941	1,321	51	74	128	237	391
76-130% Poverty.....	151	320	471	690	947	1,198	55	72	126	270	505
Over 130% Poverty....	67	522	656	853	1,111	1,434	57	77	119	243	459
0-100% Poverty.....	323	355	485	712	941	1,321	52	72	125	237	432
0-130% Poverty.....	396	350	485	711	947	1,252	52	73	128	249	432
Region											
Northeast.....	112	355	539	743	904	1,252	62	83	155	229	471
Midwest.....	148	445	671	872	1,180	1,476	61	100	180	366	551
South.....	170	361	462	648	890	1,249	50	62	98	208	314
West.....	103	391	545	711	934	1,200	50	75	125	232	503
Food Stamp Status:											
Participating.....	281	374	539	742	997	1,368	52	74	135	237	406
Not Participating....	252	359	518	731	978	1,427	54	77	129	273	449
All Women.....	966	173	300	500	858	1,435	42	75	146	352	619
Age:											
19-34.....	598	185	317	529	946	1,498	42	75	136	320	657
35-50.....	367	161	274	466	788	1,305	40	74	179	373	587
Income Level:											
0-75% Poverty.....	420	163	274	476	813	1,432	38	69	136	309	609
76-130% Poverty.....	320	178	318	496	831	1,132	41	88	147	316	601
Over 130% Poverty....	137	222	404	580	1,111	2,084	49	75	197	467	700
0-100% Poverty.....	581	170	279	476	813	1,333	42	71	138	297	609
0-130% Poverty.....	740	171	286	488	813	1,291	40	74	144	312	609
Region											
Northeast.....	183	190	290	460	755	1,253	55	91	164	318	573
Midwest.....	240	198	361	549	996	1,497	41	91	141	316	603
South.....	323	141	250	460	784	1,300	37	61	134	323	626
West.....	220	215	343	607	899	1,548	51	97	177	373	737
Food Stamp Status:											
Participating.....	420	158	271	467	813	1,363	34	63	136	304	609
Not Participating....	545	192	328	529	891	1,470	51	87	159	374	623

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 4G.--Vitamin E and Ascorbic Acid: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1986

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Vitamin E (Percentile)					Ascorbic Acid (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
		Alpha-Tocopherol									
	Number	Equivalent s					Milligrams				
All Children.....	534	2.6	3.5	4.7	6.4	8.7	36	51	70	99	153
Age:											
1-3.....	309	2.5	3.3	4.5	6.3	8.9	35	48	70	98	136
4-5.....	225	2.6	3.8	4.9	6.7	8.5	37	52	70	108	164
Income Level:											
0-75% Poverty.....	244	2.7	3.6	4.9	6.4	8.5	37	53	69	92	161
76-130% Poverty.....	151	2.2	2.9	4.2	6.3	8.3	34	47	83	109	137
Over 130% Poverty....	67	3.4	4.0	5.5	7.3	10.6	35	44	56	110	184
0-100% Poverty.....	323	2.5	3.3	4.7	6.3	8.7	35	52	70	100	161
0-130% Poverty.....	396	2.5	3.2	4.6	6.3	8.3	36	51	72	99	148
Region:											
Northeast.....	112	2.8	3.5	4.7	6.4	8.5	47	56	79	102	163
Midwest.....	148	2.9	3.9	5.1	6.3	7.8	39	53	81	118	177
South.....	170	2.5	3.2	4.4	5.9	8.3	30	41	61	87	120
West.....	103	2.5	3.3	4.7	7.1	14.3	34	49	69	96	173
Food Stamp Status:											
Participating.....	281	2.7	3.6	5.0	7.0	9.8	36	53	70	97	148
Not Participating....	252	2.5	3.3	4.3	6.0	7.7	36	47	68	107	154
All Women.....	966	2.3	3.4	4.8	7.1	10.5	19	33	57	88	127
Age:											
19-34.....	598	2.4	3.5	4.9	7.1	10.5	19	34	57	86	124
35-50.....	367	2.2	3.3	4.7	7.1	10.6	19	33	59	91	130
Income Level:											
0-75% Poverty.....	420	2.2	3.1	4.8	7.2	11.1	17	33	58	85	131
76-130% Poverty.....	320	2.6	3.5	4.6	6.6	9.2	20	33	55	85	123
Over 130% Poverty....	137	3.1	3.8	5.6	7.9	12.8	24	34	62	100	124
0-100% Poverty.....	581	2.2	3.2	4.7	6.9	10.4	18	34	57	85	129
0-130% Poverty.....	740	2.3	3.3	4.6	6.9	10.0	19	33	57	85	127
Region:											
Northeast.....	183	2.4	3.2	4.7	6.6	8.6	23	39	65	91	136
Midwest.....	240	2.2	3.3	5.1	7.3	11.2	17	33	59	89	138
South.....	323	2.1	3.2	4.4	6.6	8.7	18	30	49	83	117
West.....	220	2.8	3.8	5.4	8.2	16.3	22	34	64	93	130
Food Stamp Status:											
Participating.....	420	2.1	3.1	4.4	6.9	11.3	17	30	56	84	127
Not Participating....	545	2.5	3.6	5.2	7.1	10.1	21	38	59	91	127

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 4H.--Thiamin and Riboflavin: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1986

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Thiamin (Percentile)					Riboflavin (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
		:	:	:	:	:	:	:	:	:	:
	Number	-----Milligrams-----									
All Children.....	534	0.73	0.88	1.16	1.42	1.74	1.04	1.36	1.67	2.09	2.48
Age:											
1-3.....	309	.71	.83	1.08	1.39	1.74	1.05	1.33	1.65	2.06	2.52
4-5.....	225	.83	.96	1.21	1.46	1.75	.99	1.39	1.68	2.13	2.48
Income Level:											
0-75% Poverty.....	244	.73	.90	1.18	1.43	1.80	.99	1.30	1.68	2.06	2.42
76-130% Poverty.....	151	.71	.82	1.01	1.35	1.55	.98	1.33	1.63	2.02	2.31
Over 130% Poverty....	67	.78	.98	1.20	1.42	1.64	1.20	1.54	1.72	2.20	2.71
0-100% Poverty.....	323	.73	.87	1.16	1.43	1.75	.98	1.30	1.69	2.11	2.43
0-130% Poverty.....	396	.72	.85	1.13	1.40	1.72	.98	1.31	1.67	2.04	2.40
Region:											
Northeast.....	112	.77	.94	1.26	1.55	1.85	1.08	1.46	1.80	2.29	2.54
Midwest.....	148	.76	.92	1.18	1.49	1.89	1.10	1.51	1.90	2.20	2.63
South.....	170	.73	.86	1.09	1.34	1.54	1.02	1.27	1.58	1.91	2.29
West.....	103	.70	.85	1.13	1.35	1.67	.99	1.31	1.55	1.98	2.27
Food Stamp Status:											
Participating.....	281	.74	.98	1.22	1.49	1.85	1.09	1.40	1.74	2.14	2.53
Not Participating....	252	.73	.84	1.07	1.35	1.64	.98	1.29	1.62	2.02	2.43
All Women.....	966	.49	.71	.96	1.28	1.64	.56	.80	1.16	1.60	2.21
Age:											
19-34.....	598	.51	.71	1.01	1.35	1.69	.62	.84	1.21	1.73	2.36
35-50.....	367	.48	.68	.91	1.15	1.50	.51	.77	1.09	1.43	1.83
Income Level:											
0-75% Poverty.....	420	.46	.71	1.00	1.30	1.68	.53	.78	1.15	1.58	2.13
76-130% Poverty.....	320	.54	.71	.92	1.21	1.51	.62	.82	1.13	1.53	2.14
Over 130% Poverty....	137	.54	.77	.99	1.35	1.69	.60	.86	1.28	1.78	2.53
0-100% Poverty.....	581	.48	.71	.98	1.29	1.64	.56	.78	1.13	1.56	2.21
0-130% Poverty.....	740	.49	.71	.96	1.27	1.59	.57	.79	1.13	1.55	2.13
Region:											
Northeast.....	183	.56	.70	.96	1.23	1.52	.62	.80	1.04	1.36	2.01
Midwest.....	240	.45	.77	1.03	1.30	1.68	.58	.91	1.31	1.78	2.41
South.....	323	.48	.68	.93	1.27	1.59	.51	.70	1.05	1.44	1.92
West.....	220	.55	.72	.99	1.31	1.75	.66	.95	1.31	1.75	2.29
Food Stamp Status:											
Participating.....	420	.47	.71	.96	1.28	1.64	.53	.78	1.10	1.48	2.15
Not Participating....	545	.51	.71	.97	1.28	1.63	.60	.83	1.21	1.68	2.23

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 4I.--Niacin and Vitamin B-6: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1986

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Niacin (Percentile)					Vitamin B-6 (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	-----Milligrams-----									
All Children.....	534	8.3	10.7	13.9	17.3	21.3	0.73	0.94	1.25	1.54	1.91
Age:											
1-3.....	309	7.6	10.0	13.3	17.0	21.0	.73	.92	1.23	1.50	1.91
4-5.....	225	9.9	11.9	14.7	17.7	21.3	.73	1.04	1.27	1.61	1.91
Income Level:											
0-75% Poverty.....	244	8.3	10.8	13.9	17.8	21.4	.71	.88	1.24	1.53	1.88
76-130% Poverty.....	151	7.8	9.9	12.5	16.0	20.1	.68	.91	1.15	1.53	1.81
Over 130% Poverty....	67	9.4	12.9	15.1	17.6	18.9	.83	1.14	1.37	1.48	1.91
0-100% Poverty.....	323	7.8	10.5	13.7	17.7	21.3	.71	.91	1.23	1.55	1.90
0-130% Poverty.....	396	8.0	10.4	13.4	17.2	20.9	.70	.90	1.20	1.53	1.86
Region:											
Northeast.....	112	8.0	10.3	15.1	18.9	24.1	.73	1.00	1.36	1.67	2.14
Midwest.....	148	8.6	11.4	14.0	18.0	22.4	.73	.95	1.27	1.64	1.93
South.....	170	8.1	10.8	13.3	16.3	19.5	.74	.92	1.15	1.45	1.70
West.....	103	7.8	10.4	13.3	16.3	19.3	.75	.97	1.26	1.46	1.88
Food Stamp Status:											
Participating.....	281	9.0	11.4	14.8	18.0	22.1	.75	.99	1.30	1.63	1.93
Not Participating....	252	7.8	10.1	13.1	16.1	19.4	.73	.91	1.21	1.47	1.82
All Women.....	966	8.0	10.6	14.3	18.0	22.8	.49	.71	.98	1.34	1.76
Age:											
19-34.....	598	8.5	11.0	14.5	18.2	23.2	.50	.73	1.00	1.38	1.82
35-50.....	367	7.4	10.3	13.7	17.6	22.7	.49	.69	.96	1.25	1.69
Income Level:											
0-75% Poverty.....	420	7.6	10.6	14.2	18.0	22.6	.46	.66	.98	1.33	1.72
76-130% Poverty.....	320	8.5	10.6	13.7	17.0	22.8	.54	.70	.96	1.27	1.67
Over 130% Poverty....	137	7.8	11.4	15.8	19.7	24.3	.62	.81	1.05	1.57	1.90
0-100% Poverty.....	581	7.8	10.5	13.9	17.7	22.6	.47	.67	.97	1.30	1.73
0-130% Poverty.....	740	8.1	10.6	14.1	17.7	22.6	.48	.68	.97	1.30	1.68
Region:											
Northeast.....	183	8.7	11.4	14.7	18.9	23.9	.52	.74	1.01	1.34	1.80
Midwest.....	240	8.1	11.3	14.5	17.6	22.5	.51	.75	.99	1.38	1.75
South.....	323	7.2	9.7	13.3	17.7	22.8	.47	.66	.89	1.24	1.63
West.....	220	8.4	10.6	13.8	18.4	22.8	.50	.73	1.08	1.46	1.86
Food Stamp Status:											
Participating.....	420	7.5	10.5	13.4	17.0	22.5	.47	.68	.97	1.25	1.68
Not Participating....	545	8.3	10.7	14.8	19.0	23.2	.54	.71	1.00	1.40	1.78

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.



Table 4J.--Folacin and Vitamin B-12: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1986

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Folacin (Percentile)					Vitamin B-12 (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
		:	:	:	:	:	:	:	:	:	:
	Number	-----Micrograms-----									
All Children.....	534	114	141	187	254	311	2.24	3.05	3.94	5.20	6.67
Age:											
1-3.....	309	112	135	179	242	306	2.30	3.06	3.91	5.30	6.85
4-5.....	225	119	149	188	273	312	1.97	3.05	4.02	5.14	6.49
Income Level:											
0-75% Poverty.....	244	118	145	196	251	313	2.07	2.99	3.98	5.02	6.38
76-130% Poverty.....	151	98	131	167	237	292	1.90	3.02	3.86	5.31	6.29
Over 130% Poverty....	67	116	148	189	231	284	2.71	3.44	4.25	5.34	7.42
0-100% Poverty.....	323	115	144	188	251	312	2.07	3.02	3.98	5.13	6.30
0-130% Poverty.....	396	114	137	183	248	312	2.05	3.02	3.93	5.13	6.29
Region:											
Northeast.....	112	122	149	197	249	310	2.34	3.28	4.36	5.31	6.51
Midwest.....	148	98	133	176	278	328	2.41	3.28	4.21	5.42	6.60
South.....	170	119	148	185	233	291	2.04	2.72	3.56	4.78	8.34
West.....	103	115	140	186	246	324	2.15	3.05	3.96	4.83	6.18
Food Stamp Status:											
Participating.....	281	117	150	203	272	313	2.42	3.14	4.17	5.34	6.60
Not Participating....	252	111	134	171	224	292	1.97	2.84	3.77	4.97	6.96
All Women.....	966	79	112	161	226	312	1.47	2.16	3.17	4.62	6.55
Age:											
19-34.....	598	80	112	161	227	323	1.50	2.25	3.30	4.97	6.93
35-50.....	367	72	111	157	220	296	1.40	2.04	2.99	4.21	5.90
Income Level:											
0-75% Poverty.....	420	72	108	165	221	312	1.45	2.01	3.06	4.62	6.35
76-130% Poverty.....	320	80	109	152	214	290	1.64	2.30	3.12	4.42	6.37
Over 130% Poverty....	137	86	124	179	259	338	1.48	2.25	3.49	4.90	6.57
0-100% Poverty.....	581	72	106	159	222	312	1.47	2.07	3.01	4.58	6.53
0-130% Poverty.....	740	77	108	157	216	301	1.49	2.16	3.09	4.57	6.37
Region:											
Northeast.....	183	72	106	152	213	274	1.61	2.06	2.87	4.00	6.88
Midwest.....	240	70	108	156	216	318	1.54	2.20	3.61	5.07	6.82
South.....	323	81	110	158	227	307	1.32	1.90	2.77	4.23	6.17
West.....	220	95	121	180	257	338	1.61	2.71	3.56	5.07	6.56
Food Stamp Status:											
Participating.....	420	70	105	159	214	312	1.39	2.07	2.96	4.58	6.77
Not Participating....	545	89	117	162	229	311	1.56	2.22	3.30	4.75	6.54

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 4K.--Calcium and Phosphorus: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1986

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Calcium (Percentile)					Phosphorus (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
		:	:	:	:	:	:	:	:	:	:
	Number	-----Milligrams-----									
All Children.....	534	438	607	814	1,055	1,222	638	799	997	1,260	1,526
Age:											
1-3.....	309	435	607	818	1,073	1,235	635	791	990	1,226	1,492
4-5.....	225	450	607	799	1,024	1,198	658	811	1,003	1,273	1,574
Income Level:											
0-75% Poverty.....	244	387	605	802	1,004	1,165	630	797	1,002	1,224	1,482
76-130% Poverty.....	151	414	602	830	1,131	1,294	610	786	1,015	1,268	1,479
Over 130% Poverty....	67	545	689	865	1,099	1,438	749	853	983	1,287	1,648
0-100% Poverty.....	323	409	600	817	1,029	1,186	630	797	1,008	1,251	1,486
0-130% Poverty.....	396	403	602	818	1,034	1,203	625	791	1,008	1,252	1,482
Region:											
Northeast.....	112	560	644	902	1,153	1,243	693	852	1,078	1,280	1,526
Midwest.....	148	409	692	952	1,135	1,308	631	873	1,129	1,384	1,594
South.....	170	371	573	750	958	1,123	630	783	938	1,146	1,382
West.....	103	458	592	696	1,004	1,182	608	771	943	1,188	1,486
Food Stamp Status:											
Participating.....	281	482	637	814	1,044	1,216	689	853	1,017	1,265	1,574
Not Participating....	252	409	586	818	1,061	1,290	630	768	960	1,227	1,486
All Women.....	966	209	345	529	721	1,005	482	665	863	1,104	1,457
Age:											
19-34.....	598	234	357	548	760	1,093	504	684	889	1,135	1,534
35-50.....	367	184	299	484	645	904	448	629	819	1,052	1,277
Income Level:											
0-75% Poverty.....	420	200	312	499	714	918	448	644	853	1,125	1,310
76-130% Poverty.....	320	225	357	558	719	1,072	508	683	872	1,072	1,468
Over 130% Poverty....	137	209	383	516	677	962	512	675	903	1,084	1,413
0-100% Poverty.....	581	202	336	529	714	950	479	655	869	1,118	1,380
0-130% Poverty.....	740	212	339	530	717	993	483	663	865	1,114	1,401
Region:											
Northeast.....	183	242	342	458	672	946	504	665	803	1,009	1,248
Midwest.....	240	214	400	589	825	1,188	503	715	918	1,157	1,534
South.....	323	181	265	419	606	848	417	594	784	1,051	1,374
West.....	220	276	416	614	854	1,033	571	755	946	1,213	1,584
Food Stamp Status:											
Participating.....	420	186	311	489	699	923	460	634	829	1,087	1,379
Not Participating....	545	220	359	549	741	1,033	492	684	880	1,125	1,468

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 4L.--Magnesium and Iron: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1986

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Magnesium (Percentile)					Iron (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
		:	:	:	:	:	:	:	:	:	:
	Number	-----Milligrams-----									
All Children.....	534	123	150	183	229	281	5.9	7.5	9.8	12.4	15.9
Age:											
1-3.....	309	121	149	182	223	262	5.6	7.0	9.5	12.3	15.7
4-5.....	225	125	153	188	235	296	7.0	8.4	10.2	12.8	15.9
Income Level:											
0-75% Poverty.....	244	120	149	185	235	294	5.7	7.6	10.1	12.4	15.4
76-130% Poverty.....	151	115	147	183	226	258	5.8	7.1	9.0	11.9	14.3
Over 130% Poverty....	67	139	162	187	230	242	6.5	8.1	10.8	13.8	15.9
0-100% Poverty.....	323	120	148	185	229	285	5.6	7.2	9.9	12.4	15.6
0-130% Poverty.....	396	119	149	183	227	282	5.7	7.3	9.5	12.1	15.2
Region:											
Northeast.....	112	133	165	213	252	306	6.0	7.4	11.0	12.8	16.5
Midwest.....	148	119	155	192	247	294	6.4	8.1	10.1	12.8	16.2
South.....	170	121	143	168	206	235	5.7	7.1	9.3	11.8	14.3
West.....	103	118	144	183	231	284	5.5	7.5	9.4	12.4	16.3
Food Stamp Status:											
Participating.....	281	130	153	187	240	294	6.1	8.4	10.7	12.6	16.2
Not Participating....	252	116	140	179	218	273	5.7	7.1	9.2	12.2	14.7
All Women.....	966	95	128	180	229	285	4.9	7.0	9.1	11.7	14.6
Age:											
19-34.....	598	100	131	179	232	303	5.1	7.0	9.2	12.0	15.5
35-50.....	367	91	126	181	225	270	4.7	6.7	8.8	11.1	14.1
Income Level:											
0-75% Poverty.....	420	90	126	177	224	278	5.0	6.9	9.1	11.6	14.2
76-130% Poverty.....	320	101	129	175	234	280	4.9	6.9	8.8	11.2	14.5
Over 130% Poverty....	137	109	152	191	228	297	5.9	7.3	9.6	13.1	16.1
0-100% Poverty.....	581	92	126	173	226	281	4.9	6.9	8.9	11.6	14.5
0-130% Poverty.....	740	94	126	176	229	278	4.9	6.9	8.9	11.5	14.4
Region:											
Northeast.....	183	106	128	182	221	262	5.3	7.1	8.8	10.6	13.4
Midwest.....	240	101	139	185	236	302	5.0	7.4	9.4	12.7	14.6
South.....	323	83	114	156	217	265	4.7	6.4	8.6	11.4	14.8
West.....	220	106	150	195	229	314	5.1	7.5	9.3	12.4	14.8
Food Stamp Status:											
Participating.....	420	90	125	168	217	278	4.7	6.9	8.8	11.3	14.2
Not Participating....	545	99	132	187	237	292	5.1	7.0	9.3	11.9	14.7

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 4M.--Zinc and Copper: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1986

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Zinc (Percentile)					Copper (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
		-----Milligrams-----									
Number											
All Children.....	534	4.9	6.2	7.5	9.5	11.5	0.5	0.6	0.7	0.9	1.2
Age:											
1-3.....	309	4.8	6.0	7.3	9.1	11.4	.5	.6	.7	.9	1.2
4-5.....	225	5.0	6.4	8.0	9.7	12.1	.5	.6	.8	1.0	1.2
Income Level:											
0-75% Poverty.....	244	4.8	6.2	7.5	9.5	12.6	.5	.6	.7	1.0	1.3
76-130% Poverty.....	151	4.4	5.9	7.5	9.2	11.0	.5	.6	.7	.9	1.1
Over 130% Poverty....	67	5.6	6.3	7.8	9.2	11.0	.6	.6	.7	.9	1.0
0-100% Poverty.....	323	4.9	6.2	7.5	9.5	11.6	.5	.6	.7	1.0	1.2
0-130% Poverty.....	396	4.8	6.1	7.5	9.4	11.5	.5	.6	.7	1.0	1.2
Region:											
Northeast.....	112	4.7	6.1	7.9	10.8	13.3	.5	.6	.8	1.0	1.3
Midwest.....	148	5.4	6.6	8.0	10.0	11.8	.5	.6	.7	.9	1.2
South.....	170	5.1	6.2	7.2	8.9	10.7	.5	.6	.7	.9	1.3
West.....	103	4.6	6.1	7.0	8.9	11.1	.4	.6	.7	.9	1.1
Food Stamp Status:											
Participating.....	281	5.1	6.6	8.0	10.0	12.8	.5	.6	.8	1.0	1.3
Not Participating....	252	4.5	5.9	7.1	8.9	11.0	.5	.6	.7	.9	1.1
All Women.....	966	4.3	5.7	7.6	10.2	12.9	.5	.6	.8	1.1	1.3
Age:											
19-34.....	598	4.5	6.0	7.9	10.4	13.0	.5	.6	.8	1.1	1.4
35-50.....	367	3.9	5.5	7.3	9.5	12.8	.5	.6	.8	1.1	1.3
Income Level:											
0-75% Poverty.....	420	3.9	5.6	7.6	10.3	13.2	.5	.6	.8	1.1	1.4
76-130% Poverty.....	320	4.5	5.9	7.8	9.7	12.6	.5	.6	.8	1.0	1.3
Over 130% Poverty....	137	4.8	6.3	7.8	10.0	11.7	.6	.7	.9	1.1	1.2
0-100% Poverty.....	581	4.1	5.7	7.6	10.2	12.9	.5	.6	.8	1.1	1.4
0-130% Poverty.....	740	4.3	5.7	7.6	10.2	13.0	.5	.6	.8	1.1	1.4
Region:											
Northeast.....	183	4.1	5.9	7.4	9.5	12.0	.5	.7	.9	1.1	1.3
Midwest.....	240	4.4	6.4	8.2	10.5	12.3	.5	.7	.9	1.1	1.3
South.....	323	4.1	5.2	7.0	10.2	13.1	.4	.6	.8	1.0	1.3
West.....	220	4.8	6.6	7.9	10.8	14.5	.5	.7	.9	1.1	1.4
Food Stamp Status:											
Participating.....	420	4.2	5.7	7.6	9.9	12.7	.5	.6	.8	1.0	1.3
Not Participating....	545	4.4	5.9	7.8	10.3	13.1	.5	.7	.9	1.1	1.4

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 4N.--Sodium and Potassium: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1986

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Sodium (Percentile)					Potassium (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	-----Milligrams-----									
All Children.....	534	1,299	1,617	2,055	2,573	3,254	1,142	1,479	1,860	2,361	2,774
Age:											
1-3.....	309	1,230	1,525	1,968	2,538	3,211	1,157	1,435	1,860	2,345	2,741
4-5.....	225	1,494	1,771	2,124	2,589	3,336	1,113	1,533	1,860	2,383	3,007
Income Level:											
0-75% Poverty.....	244	1,282	1,623	2,055	2,538	3,336	1,181	1,449	1,809	2,357	2,977
76-130% Poverty.....	151	1,272	1,495	1,984	2,521	3,291	1,085	1,465	1,889	2,371	2,698
Over 130% Poverty....	67	1,423	1,658	2,174	2,645	3,089	1,222	1,546	1,938	2,411	2,633
0-100% Poverty.....	323	1,251	1,582	2,032	2,538	3,362	1,157	1,475	1,851	2,369	2,885
0-130% Poverty.....	396	1,272	1,584	2,048	2,538	3,291	1,117	1,449	1,851	2,362	2,840
Region:											
Northeast.....	112	1,427	1,715	2,202	2,705	3,560	1,353	1,630	2,097	2,524	2,969
Midwest.....	148	1,494	1,882	2,167	2,858	3,826	1,098	1,615	2,036	2,462	2,992
South.....	170	1,253	1,536	1,881	2,350	3,001	1,085	1,407	1,691	2,011	2,371
West.....	103	1,237	1,465	1,850	2,436	2,890	1,129	1,370	1,809	2,285	2,717
Food Stamp Status:											
Participating.....	281	1,282	1,675	2,101	2,636	3,596	1,261	1,533	1,890	2,380	2,969
Not Participating....	252	1,312	1,551	1,964	2,453	2,890	1,084	1,407	1,821	2,285	2,734
All Women.....	966	1,169	1,617	2,188	2,787	3,531	958	1,315	1,811	2,309	2,958
Age:											
19-34.....	598	1,193	1,681	2,239	2,925	3,666	976	1,302	1,784	2,337	3,008
35-50.....	367	1,078	1,534	2,123	2,642	3,255	946	1,322	1,851	2,255	2,804
Income Level:											
0-75% Poverty.....	420	1,068	1,551	2,241	2,806	3,604	895	1,280	1,812	2,259	2,893
76-130% Poverty.....	320	1,236	1,656	2,103	2,831	3,460	1,009	1,337	1,791	2,355	3,006
Over 130% Poverty....	137	1,455	1,786	2,274	2,660	3,251	1,176	1,430	1,827	2,301	2,726
0-100% Poverty.....	581	1,103	1,558	2,196	2,829	3,552	901	1,295	1,785	2,259	3,006
0-130% Poverty.....	740	1,130	1,567	2,183	2,820	3,535	935	1,298	1,805	2,290	2,977
Region:											
Northeast.....	183	1,169	1,602	2,042	2,729	3,221	1,058	1,350	1,839	2,363	3,014
Midwest.....	240	1,203	1,878	2,362	3,074	3,604	977	1,427	1,858	2,536	3,071
South.....	323	1,078	1,507	2,079	2,773	3,524	824	1,162	1,601	2,207	2,652
West.....	220	1,167	1,609	2,239	2,650	3,320	1,124	1,435	1,959	2,312	3,076
Food Stamp Status:											
Participating.....	420	1,049	1,551	2,192	2,773	3,552	895	1,280	1,742	2,150	2,798
Not Participating....	545	1,260	1,716	2,187	2,793	3,531	1,017	1,352	1,851	2,422	2,976

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 5.1.--Nutrient Intakes as Percentages of 1980 Recommended Dietary Allowances: Mean per Individual per Day,  
4 Nonconsecutive Days, Low-Income Households, 1986  
Children

	:	:	:	:	:	:	:	:	:
Age, Income Level,	:	:	:	:	:	:	:	:	:
Race, Region,	:	:	:	:	:	:	:	:	:
Urbanization, and	:	:	:	:	:	:	:	:	:
Food Stamp Program	:	:	:	:	:	:	:	:	:
Status	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:
	Number	Food Energy	Protein	Vitamin A (IU)	Vitamin E	Ascorbic Acid	Thiamin	Riboflavin	Niacin
All Children.....	534	100	224	195	105	182	154	198	148
Age:									
1-3.....	309	108	244	210	113	178	165	216	155
4-5.....	225	89	197	175	93	189	139	174	138
Income Level:									
0-75% Poverty.....	244	100	225	178	105	182	157	194	150
76-130% Poverty.....	151	98	222	197	92	186	142	194	136
Over 130% Poverty....	67	103	223	224	123	184	159	213	155
0-100% Poverty.....	323	99	224	181	103	185	154	195	147
0-130% Poverty.....	396	99	224	185	100	183	151	194	145
Race:									
White.....	371	104	231	202	112	184	158	210	151
Black.....	108	91	206	173	86	166	149	171	142
Other.....	39	98	227	222	98	212	149	178	147
Region:									
Northeast.....	112	107	234	191	102	198	164	211	159
Midwest.....	148	104	235	220	105	206	160	211	152
South.....	170	96	216	173	98	152	147	187	142
West.....	103	94	212	202	119	182	148	185	139
Urbanization:									
Central Cities.....	182	98	227	196	96	188	154	201	146
Suburban Areas.....	205	100	221	187	104	165	152	196	147
Nonmetropolitan Areas	147	103	226	207	116	199	158	198	151
Food Stamp Status:									
Participating.....	281	103	234	188	113	182	162	202	155
Not Participating....	252	97	214	204	96	183	146	195	139



Children

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

## Women

## Women

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 6A.-- Food Energy and Protein: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, Low-Income Households, 1986

Age, Income Level, Region, and Food Stamp Program Status	:	:	Food Energy (Percent of RDA)				:	Protein (Percent of RDA)			
	:	:					:				
	: Individuals :	:	:	:	:	:	:	:	:	:	
	:	:	:	:	:	:	:	:	:	:	
	:	:	:	:	:	:	:	:	:	:	
	:	:	:	:	:	:	:	:	:	:	
		Below 50%	50-69%	70-99%	100% and over	Below 50%	50-69%	70-99%	100% and over		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:	:	:	:	:	:	:	:		
		:</									

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 6B.--Vitamin A (IU) and Vitamin E: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, Low-Income Households, 1986

Age, Income Level, Region, and Food Stamp Program Status	: Individuals :	Vitamin A (IU) (Percent of RDA)				Vitamin E (Percent of RDA)			
		: Below 50% :	: 50-69% :	: 70-99% :	: 100% and over :	: Below 50% :	: 50-69% :	: 70-99% :	: 100% and over :
	Number	-----Percent of Individuals-----							
All Children.....	534	2.3	6.4	13.2	78.1	10.1	20.5	30.4	39.0
Age:									
1-3.....	309	1.9	3.7	8.7	85.7	7.9	20.3	28.9	42.8
4-5.....	225	2.8	10.2	19.3	67.6	13.1	20.8	32.4	33.7
Income Level:									
0-75% Poverty.....	244	3.5	6.1	15.1	75.3	8.7	20.0	31.7	39.5
76-130% Poverty.....	151	1.3	12.2	10.0	76.5	17.5	22.7	25.7	34.2
Over 130% Poverty....	67	1.9	.0	10.0	88.1	3.5	15.3	26.8	54.5
0-100% Poverty.....	323	2.8	7.2	14.6	75.4	10.7	22.1	28.2	39.0
0-130% Poverty.....	396	2.7	8.4	13.2	75.8	12.1	21.1	29.4	37.5
Region:									
Northeast.....	112	.6	6.3	12.0	81.1	8.1	24.6	28.8	38.4
Midwest.....	148	3.5	4.3	5.1	87.1	8.4	14.3	35.1	42.2
South.....	170	2.9	9.3	17.6	70.1	11.0	24.0	30.8	34.2
West.....	103	1.4	4.8	18.8	75.0	12.9	19.3	24.7	43.1
Food Stamp Status:									
Participating.....	281	2.1	5.6	14.1	78.2	8.1	20.0	28.1	43.9
Not Participating....	252	2.5	7.3	12.2	78.0	12.3	21.1	33.0	33.6
All Women.....	966	33.9	16.2	15.7	34.2	38.6	20.4	23.2	17.8
Age:									
19-34.....	598	33.1	17.5	14.6	34.8	36.8	22.7	23.3	17.3
35-50.....	367	35.2	14.1	17.5	33.2	41.4	16.7	23.1	18.7
Income Level:									
0-75% Poverty.....	420	37.7	16.1	15.2	31.1	40.5	18.3	21.5	19.7
76-130% Poverty.....	320	32.8	16.7	17.6	32.9	41.7	22.8	22.9	12.6
Over 130% Poverty....	137	24.9	18.5	9.3	47.4	29.0	19.7	28.9	22.4
0-100% Poverty.....	581	35.9	16.8	16.8	30.5	42.3	18.9	21.0	17.8
0-130% Poverty.....	740	35.6	16.3	16.2	31.9	41.0	20.3	22.1	16.6
Region:									
Northeast.....	183	34.5	19.2	14.2	32.1	38.3	24.6	24.4	12.6
Midwest.....	240	28.3	17.5	18.3	35.8	35.4	20.7	22.7	21.2
South.....	323	40.0	12.4	17.1	30.4	43.2	20.2	23.4	13.2
West.....	220	30.5	18.0	11.9	39.7	35.3	17.0	22.6	25.2
Food Stamp Status:									
Participating.....	420	37.5	15.3	16.1	31.1	44.3	19.9	18.0	17.8
Not Participating....	545	31.1	16.9	15.3	36.6	34.1	20.8	27.3	17.8

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 6C.--Ascorbic Acid and Thiamin: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, Low-Income Households, 1986

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Ascorbic Acid (Percent of RDA)				Thiamin (Percent of RDA)			
		Below 50%	50-69%	70-99%	100% and over	Below 50%	50-69%	70-99%	100% and over
	Number	Percent of Individuals							
All Children.....	534	3.6	3.1	12.0	81.2	0.4	0.2	12.0	87.4
Age:									
1-3.....	309	3.5	3.6	11.8	81.1	.0	.0	7.8	92.2
4-5.....	225	3.8	2.5	12.3	81.3	.9	.4	17.9	80.8
Income Level:									
0-75% Poverty.....	244	4.8	3.2	7.0	85.0	.0	.3	12.6	87.1
76-130% Poverty.....	151	3.5	3.3	17.3	75.9	1.0	.0	17.0	81.9
Over 130% Poverty....	67	1.9	3.6	19.9	74.5	.0	.0	7.3	92.7
0-100% Poverty.....	323	4.6	3.2	9.5	82.7	.0	.3	13.8	85.9
0-130% Poverty.....	396	4.3	3.2	11.0	81.5	.4	.2	14.3	85.1
Region:									
Northeast.....	112	1.3	2.2	3.8	92.6	.0	.0	11.5	88.5
Midwest.....	148	2.4	.9	13.0	83.8	1.1	.0	10.3	88.7
South.....	170	6.3	5.0	14.6	74.0	.3	.0	11.5	88.2
West.....	103	3.4	4.2	15.4	77.0	.0	.8	16.1	83.1
Food Stamp Status:									
Participating.....	281	4.3	3.0	9.1	83.7	.2	.3	10.1	89.4
Not Participating....	252	3.0	3.3	15.3	78.5	.6	.0	14.2	85.2
All Women.....	966	20.7	14.9	17.5	46.9	10.2	14.7	30.5	44.7
Age:									
19-34.....	598	21.5	14.7	18.1	45.7	9.5	14.5	28.7	47.3
35-50.....	367	19.4	15.1	16.6	48.8	11.3	15.1	33.3	40.3
Income Level:									
0-75% Poverty.....	420	21.6	14.5	15.8	48.2	13.1	13.0	26.7	47.3
76-130% Poverty.....	320	22.8	14.1	20.3	42.8	6.6	18.4	35.0	40.0
Over 130% Poverty....	137	14.6	19.8	14.9	50.7	6.8	14.0	31.3	47.9
0-100% Poverty.....	581	21.2	14.8	17.9	46.1	11.5	15.4	27.6	45.5
0-130% Poverty.....	740	22.1	14.3	17.7	45.9	10.3	15.3	30.3	44.1
Region:									
Northeast.....	183	16.9	11.9	17.8	53.4	8.3	17.6	30.4	43.8
Midwest.....	240	20.3	14.6	17.0	48.1	12.9	8.9	30.6	47.6
South.....	323	23.7	17.7	21.2	37.4	11.9	15.3	31.3	41.5
West.....	220	19.9	13.5	12.5	54.1	6.2	17.8	29.2	46.8
Food Stamp Status:									
Participating.....	420	25.4	14.4	16.1	44.0	12.4	14.5	27.9	45.2
Not Participating....	545	17.0	15.2	18.6	49.1	8.4	14.8	32.5	44.3

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.



Age, Income Level, Region, and Food Stamp Program Status	Individuals	Riboflavin (Percent of RDA)				Niacin (Percent of RDA)			
		Below 50%	50-69%	70-99%	100% and over	Below 50%	50-69%	70-99%	100% and over
	<u>Number</u>	<u>Percent of Individuals</u>							
All Children.....	534	0.4	1.0	4.7	94.0	0.1	2.3	16.3	81.3
Age:									
1-3.....	309	.0	.4	2.6	97.0	.0	2.5	15.6	82.0
4-5.....	225	.9	1.8	7.6	89.8	.2	2.0	17.4	80.3
Income Level:									
0-75% Poverty.....	244	.0	1.6	6.6	91.9	.0	1.9	16.8	81.4
76-130% Poverty.....	151	1.0	.9	4.7	93.4	.0	4.4	21.9	73.7
Over 130% Poverty....	67	.0	.0	1.9	98.1	.0	.0	14.3	85.7
0-100% Poverty.....	323	.0	1.6	5.9	92.5	.0	2.7	17.4	79.9
0-130% Poverty.....	396	.4	1.3	5.9	92.4	.0	2.8	18.7	78.5
Region:									
Northeast.....	112	.0	.0	6.4	93.6	.0	2.0	20.3	77.7
Midwest.....	148	1.1	.0	6.3	92.7	.0	1.1	15.6	83.3
South.....	170	.3	2.6	3.4	93.8	.3	4.3	14.2	81.2
West.....	103	.0	.7	2.8	96.5	.0	1.1	16.6	82.3
Food Stamp Status:									
Participating.....	281	.2	.3	4.3	95.2	.2	1.2	11.8	86.8
Not Participating....	252	.6	1.7	5.1	92.5	.0	3.5	21.4	75.0
All Women.....	966	11.4	16.8	27.2	44.6	4.7	11.9	27.3	56.1
Age:									
19-34.....	598	9.0	16.6	26.9	47.5	3.6	11.9	27.1	57.4
35-50.....	367	15.2	17.1	27.7	39.9	6.5	11.8	27.7	54.0
Income Level:									
0-75% Poverty.....	420	12.9	17.5	25.2	44.4	6.2	11.9	26.2	55.7
76-130% Poverty.....	320	9.4	17.8	31.0	41.8	3.6	11.2	33.2	52.0
Over 130% Poverty....	137	9.7	13.9	25.2	51.2	2.0	13.6	20.7	63.6
0-100% Poverty.....	581	11.9	17.8	27.3	43.0	5.3	12.2	28.8	53.7
0-130% Poverty.....	740	11.4	17.6	27.7	43.3	5.1	11.6	29.2	54.1
Region:									
Northeast.....	183	7.7	21.1	35.3	35.9	3.1	9.5	28.5	58.9
Midwest.....	240	10.6	11.5	23.9	54.0	3.7	9.0	25.9	61.4
South.....	323	15.8	20.5	27.6	36.1	6.7	14.6	26.4	52.3
West.....	220	8.8	13.5	23.5	54.2	4.3	12.9	29.3	53.5
Food Stamp Status:									
Participating.....	420	12.9	18.4	29.1	39.6	6.3	10.5	31.6	51.7
Not Participating....	545	10.2	15.5	25.8	48.5	3.5	12.9	24.1	59.5

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 6E.--Vitamin B-6 and Folacin: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, Low-Income Households, 1986

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Vitamin B-6 (Percent of RDA)				Folacin (Percent of RDA)			
		Below 50%	50-69%	70-99%	100% and over	Below 50%	50-69%	70-99%	100% and over
	Number	Percent of Individuals							
All Children.....	534	1.1	8.9	25.4	64.7	2.3	6.0	19.3	72.4
Age:									
1-3.....	309	.0	4.0	18.8	77.2	.0	1.1	5.9	92.9
4-5.....	225	2.6	15.6	34.4	47.5	5.5	12.7	37.6	44.2
Income Level:									
0-75% Poverty.....	244	.6	12.8	26.6	59.9	.7	6.1	21.2	71.9
76-130% Poverty.....	151	1.7	8.1	25.5	64.7	4.4	7.1	15.6	72.9
Over 130% Poverty....	67	1.9	2.1	28.9	67.1	5.2	6.6	21.3	66.9
0-100% Poverty.....	323	.8	11.2	26.4	61.6	.8	6.7	20.1	72.3
0-130% Poverty.....	396	1.0	11.0	26.2	61.8	2.2	6.5	19.0	72.3
Region:									
Northeast.....	112	.0	11.9	18.3	69.8	.4	8.6	18.7	72.3
Midwest.....	148	1.9	8.1	27.0	63.0	6.3	6.4	14.0	73.4
South.....	170	1.2	10.3	26.5	62.0	.3	3.6	26.3	69.9
West.....	103	.8	4.3	29.0	65.9	2.2	6.6	15.9	75.4
Food Stamp Status:									
Participating.....	281	.7	6.9	25.0	67.4	1.1	4.3	17.9	76.6
Not Participating....	252	1.5	11.0	25.8	61.6	3.7	7.8	20.8	67.7
All Women.....	966	52.1	26.5	15.9	5.5	69.5	18.5	8.6	3.4
Age:									
19-34.....	598	51.3	25.4	17.1	6.2	71.3	16.5	8.5	3.7
35-50.....	367	53.5	28.2	14.1	4.2	66.6	21.8	8.7	2.9
Income Level:									
0-75% Poverty.....	420	51.5	28.6	14.7	5.2	69.1	19.5	7.6	3.9
76-130% Poverty.....	320	56.3	24.7	14.5	4.6	74.2	16.7	7.4	1.7
Over 130% Poverty....	137	49.5	20.8	21.8	7.9	60.3	22.1	11.8	5.7
0-100% Poverty.....	581	54.3	25.8	14.6	5.3	70.2	18.4	7.8	3.7
0-130% Poverty.....	740	53.6	26.9	14.6	4.9	71.3	18.3	7.5	2.9
Region:									
Northeast.....	183	48.3	30.6	13.2	7.9	70.4	22.0	6.7	.9
Midwest.....	240	49.5	28.9	15.3	6.3	72.6	15.4	6.8	5.1
South.....	323	59.5	21.5	16.1	2.9	70.5	16.9	9.0	3.6
West.....	220	47.3	27.8	18.6	6.3	64.0	21.2	11.5	3.3
Food Stamp Status:									
Participating.....	420	54.4	26.8	12.6	6.2	69.6	20.0	6.8	3.6
Not Participating....	545	50.3	26.3	18.5	4.9	69.4	17.3	10.0	3.2

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 6F.--Vitamin B-12 and Calcium: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, Low-Income Households, 1986

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Vitamin B-12 (Percent of RDA)				Calcium (Percent of RDA)			
		Below 50%	50-69%	70-99%	100% and over	Below 50%	50-69%	70-99%	100% and over
Number	Percent of Individuals								
All Children.....	534	0.6	2.1	7.0	90.3	7.4	10.5	29.9	52.2
Age:									
1-3.....	309	.1	1.0	3.6	95.2	8.4	9.4	29.3	52.9
4-5.....	225	1.4	3.5	11.7	83.5	6.0	11.9	30.8	51.3
Income Level:									
0-75% Poverty.....	244	1.2	1.7	8.1	88.9	10.3	9.1	28.7	51.9
76-130% Poverty.....	151	.3	2.9	9.2	87.7	6.3	12.9	25.5	55.3
Over 130% Poverty....	67	.0	1.9	1.9	96.2	2.5	13.3	25.7	58.5
0-100% Poverty.....	323	1.1	2.0	8.2	88.8	9.8	10.0	27.0	53.3
0-130% Poverty.....	396	.9	2.2	8.5	88.4	8.8	10.6	27.5	53.2
Region:									
Northeast.....	112	.0	.5	8.8	90.6	3.7	6.1	29.4	60.9
Midwest.....	148	.0	2.5	5.9	91.6	6.4	9.6	18.9	65.1
South.....	170	2.0	2.4	6.9	88.7	10.9	12.4	32.8	43.9
West.....	103	.0	2.5	6.9	90.6	7.0	13.3	41.6	38.1
Food Stamp Status:									
Participating.....	281	.0	1.2	4.7	94.1	7.2	7.1	33.5	52.1
Not Participating....	252	1.4	3.0	9.6	86.1	7.5	14.2	25.9	52.4
All Women.....	966	10.5	13.9	22.9	52.7	34.0	22.4	25.0	18.6
Age:									
19-34.....	598	9.8	13.0	22.7	54.5	30.9	23.7	24.3	21.1
35-50.....	367	11.6	15.4	23.2	49.8	39.1	20.3	26.3	14.4
Income Level:									
0-75% Poverty.....	420	12.0	15.0	23.7	49.3	39.0	19.1	23.6	18.3
76-130% Poverty.....	320	7.8	14.0	24.6	53.6	30.4	22.4	29.2	18.0
Over 130% Poverty....	137	9.1	12.7	19.3	58.8	27.7	29.9	23.9	18.5
0-100% Poverty.....	581	10.6	15.0	25.2	49.2	36.4	19.5	26.3	17.9
0-130% Poverty.....	740	10.2	14.5	24.1	51.2	35.3	20.6	26.0	18.1
Region:									
Northeast.....	183	8.5	17.1	26.2	48.2	37.4	26.3	22.6	13.7
Midwest.....	240	9.1	15.7	14.9	60.4	24.3	24.5	25.3	25.8
South.....	323	14.0	15.4	24.8	45.7	46.3	18.5	24.1	11.1
West.....	220	8.6	7.1	26.1	58.3	23.8	22.5	28.1	25.7
Food Stamp Status:									
Participating.....	420	12.4	13.0	26.6	48.0	39.8	21.0	21.3	17.9
Not Participating....	545	9.1	14.6	20.0	56.3	29.6	23.5	27.9	19.1

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 6G.--Phosphorus and Magnesium: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, Low-Income Households, 1986

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Phosphorus (Percent of RDA)				Magnesium (Percent of RDA)			
					100%				100%
		Below 50%	50-69%	70-99%	and over	Below 50%	50-69%	70-99%	and over
	Number	Percent of Individuals							
All Children.....	534	1.3	4.1	18.3	76.3	2.4	6.1	30.2	61.4
Age:									
1-3.....	309	.6	4.4	20.0	74.9	.5	2.8	22.3	74.4
4-5.....	225	2.3	3.6	16.0	78.1	5.0	10.5	41.0	43.4
Income Level:									
0-75% Poverty.....	244	1.5	3.7	19.5	75.3	2.1	7.9	30.6	59.4
76-130% Poverty.....	151	2.0	5.4	19.4	73.3	4.8	5.8	26.6	62.8
Over 130% Poverty....	67	.0	3.5	16.5	80.0	.0	5.5	27.6	66.9
0-100% Poverty.....	323	1.6	3.5	19.7	75.2	2.0	8.5	29.2	60.3
0-130% Poverty.....	396	1.7	4.4	19.5	74.5	3.1	7.1	29.1	60.7
Region:									
Northeast.....	112	.0	.9	20.0	79.1	.0	4.8	29.8	65.5
Midwest.....	148	2.0	6.4	10.0	81.7	4.9	4.3	22.9	67.9
South.....	170	2.4	3.1	21.5	72.9	2.7	8.1	34.1	55.0
West.....	103	.0	5.8	23.4	70.9	.8	6.7	34.5	58.0
Food Stamp Status:									
Participating.....	281	.9	3.6	14.6	80.9	1.4	4.2	29.3	65.2
Not Participating....	252	1.8	4.6	22.5	71.1	3.5	8.2	31.2	57.1
All Women.....	966	5.7	10.3	27.4	56.6	36.9	31.1	25.4	6.6
Age:									
19-34.....	598	4.6	9.4	27.9	58.0	37.9	32.6	21.6	7.9
35-50.....	367	7.3	11.9	26.7	54.1	35.2	28.6	31.7	4.6
Income Level:									
0-75% Poverty.....	420	7.1	11.0	26.9	55.0	37.3	32.8	22.8	7.1
76-130% Poverty.....	320	4.0	8.5	28.8	58.6	39.5	28.4	26.2	5.8
Over 130% Poverty....	137	3.1	11.8	24.9	60.1	27.4	37.8	29.9	4.8
0-100% Poverty.....	581	6.6	10.5	27.6	55.3	39.4	30.6	23.1	7.0
0-130% Poverty.....	740	5.8	9.9	27.7	56.6	38.3	30.9	24.3	6.5
Region:									
Northeast.....	183	4.5	10.4	33.4	51.7	36.8	33.5	24.4	5.2
Midwest.....	240	7.0	6.6	20.6	65.8	30.9	34.2	27.5	7.4
South.....	323	7.3	15.0	31.1	46.6	45.7	26.8	21.5	6.0
West.....	220	2.8	7.5	24.5	65.2	30.5	32.0	29.6	7.8
Food Stamp Status:									
Participating.....	420	6.5	11.0	29.6	52.9	42.4	29.0	21.8	6.9
Not Participating....	545	5.0	9.8	25.8	59.4	32.6	32.7	28.2	6.4

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 6H.--Iron and Zinc: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, Low-Income Households, 1986

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Iron (Percent of RDA)				Zinc (Percent of RDA)			
		Below 50%	50-69%	70-99%	100% and over	Below 50%	50-69%	70-99%	100% and over
	Number	Percent of Individuals							
All Children.....	534	17.9	19.7	33.1	29.3	10.4	29.8	39.0	20.7
Age:									
1-3.....	309	29.1	29.0	29.8	12.0	11.8	33.1	35.5	19.6
4-5.....	225	2.6	6.8	37.7	52.9	8.5	25.4	43.9	22.2
Income Level:									
0-75% Poverty.....	244	17.1	19.3	35.7	27.8	11.2	29.8	37.8	21.1
76-130% Poverty.....	151	23.7	24.3	28.0	24.1	12.4	27.1	41.0	19.5
Over 130% Poverty....	67	11.6	13.6	44.5	30.3	4.4	36.0	45.9	13.7
0-100% Poverty.....	323	19.3	20.0	32.8	27.8	10.4	30.1	38.4	21.1
0-130% Poverty.....	396	19.6	21.2	32.8	26.4	11.7	28.8	39.0	20.5
Region:									
Northeast.....	112	15.3	15.5	35.5	33.6	14.5	21.6	36.0	27.9
Midwest.....	148	15.3	15.4	34.8	34.5	8.2	24.4	42.0	25.5
South.....	170	20.9	22.4	34.2	22.4	7.6	37.6	40.2	14.7
West.....	103	19.4	25.9	26.4	28.3	14.1	33.7	36.2	16.0
Food Stamp Status:									
Participating.....	281	14.8	19.2	31.2	34.8	8.5	25.9	40.6	25.0
Not Participating....	252	21.4	20.3	35.3	23.1	12.6	34.3	37.3	15.9
All Women.....	966	48.2	31.5	16.0	4.2	48.6	31.4	15.6	4.4
Age:									
19-34.....	598	46.4	31.4	17.4	4.9	46.4	32.0	17.3	4.2
35-50.....	367	51.2	31.8	13.8	3.1	52.1	30.3	12.9	4.7
Income Level:									
0-75% Poverty.....	420	48.3	32.8	14.2	4.8	47.4	32.1	14.9	5.6
76-130% Poverty.....	320	52.0	30.0	14.9	3.1	48.6	31.7	15.4	4.3
Over 130% Poverty....	137	41.5	32.7	21.2	4.6	51.2	32.4	14.9	1.5
0-100% Poverty.....	581	50.1	30.8	14.3	4.8	48.0	31.7	15.0	5.2
0-130% Poverty.....	740	49.9	31.6	14.5	4.1	47.9	31.9	15.1	5.0
Region:									
Northeast.....	183	50.2	36.0	10.8	3.1	52.5	34.3	9.5	3.6
Midwest.....	240	42.8	32.2	21.3	3.7	42.0	35.0	20.1	2.8
South.....	323	52.6	29.9	12.5	5.0	55.9	22.5	16.9	4.7
West.....	220	46.0	29.6	19.9	4.5	41.7	37.8	14.0	6.5
Food Stamp Status:									
Participating.....	420	51.3	29.6	14.0	5.1	49.7	31.7	13.2	5.4
Not Participating....	545	45.8	33.1	17.6	3.5	47.8	31.1	17.5	3.6

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 7.1.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986

## Children

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Individuals	Food Energy in Total Diet	Intake per 1,000 Kilocalories					
			Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol
	Number	Kilocalories	Grams				Milligrams	
All Children.....	534	1,450	39.8	40.1	16.3	14.7	6.3	191
Age:								
1-3.....	309	1,406	40.3	40.7	16.7	14.9	6.3	204
4-5.....	225	1,511	39.2	39.3	15.7	14.5	6.4	175
Income Level:								
0-75% Poverty.....	244	1,450	40.2	40.7	16.2	15.0	6.6	205
76-130% Poverty.....	151	1,405	40.3	40.7	17.0	14.7	6.0	194
Over 130% Poverty....	67	1,512	38.1	39.1	16.0	14.4	6.0	148
0-100% Poverty.....	323	1,441	40.3	40.8	16.5	15.0	6.4	200
0-130% Poverty.....	396	1,432	40.2	40.7	16.5	14.9	6.4	201
Race:								
White.....	371	1,512	39.5	40.4	16.6	14.7	6.3	185
Black.....	108	1,290	40.2	39.5	15.2	14.9	6.5	191
Other.....	39	1,415	41.0	39.6	16.1	14.8	5.7	215
Region:								
Northeast.....	112	1,553	38.9	39.6	16.5	14.4	6.0	181
Midwest.....	148	1,503	40.0	40.6	16.5	14.9	6.4	181
South.....	170	1,391	40.0	40.2	16.1	14.9	6.3	199
West.....	103	1,360	40.2	40.0	15.9	14.7	6.6	206
Urbanization:								
Central Cities.....	182	1,397	41.0	39.6	16.0	14.5	6.3	193
Suburban Areas.....	205	1,451	39.6	39.9	16.3	14.5	6.2	199
Nonmetropolitan Areas	147	1,514	38.6	41.2	16.5	15.3	6.4	179
Food Stamp Status:								
Participating.....	281	1,496	40.4	40.9	16.3	15.1	6.6	200
Not Participating....	252	1,399	39.2	39.2	16.2	14.3	5.9	181



Table 7.1.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986--continued

Children

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Intake per 1,000 Kilocalories							
	Carbohydrate	Dietary Fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Ascorbic Acid	Thiamin
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	-----Grams-----		International Units	Retinol -----Equivalents-----		Alpha-Tocopherol Equivalents	-----Milligrams-----	
All Children.....	122.7	6.3	2,998	600	153	3.9	58	0.83
Age:								
1-3.....	120.9	6.1	3,051	620	152	4.1	58	.83
4-5.....	125.1	6.4	2,925	574	155	3.7	58	.84
Income Level:								
0-75% Poverty.....	121.0	6.5	2,740	563	133	4.1	58	.85
76-130% Poverty.....	121.0	5.9	3,041	580	171	3.5	60	.78
Over 130% Poverty....	126.9	5.7	3,389	665	180	4.4	56	.83
0-100% Poverty.....	120.7	6.3	2,789	560	141	4.0	59	.84
0-130% Poverty.....	121.0	6.2	2,855	570	147	3.9	59	.83
Race:								
White.....	122.9	6.3	3,002	603	153	4.1	55	.82
Black.....	123.1	6.2	2,874	611	130	3.5	61	.89
Other.....	122.3	6.2	3,475	588	231	3.7	68	.82
Region:								
Northeast.....	125.1	6.1	2,780	535	151	3.7	60	.83
Midwest.....	121.7	6.2	3,231	623	180	3.7	62	.82
South.....	121.7	5.9	2,782	611	115	3.7	52	.83
West.....	123.2	7.0	3,258	622	181	4.8	59	.85
Urbanization:								
Central Cities.....	122.6	6.3	3,018	615	149	3.7	62	.85
Suburban Areas.....	123.6	6.4	2,884	579	147	3.9	53	.82
Nonmetropolitan Areas	121.6	6.0	3,133	612	168	4.3	60	.84
Food Stamp Status:								
Participating.....	120.3	6.5	2,810	573	138	4.2	55	.85
Not Participating....	125.4	6.0	3,208	631	170	3.6	61	.81

Table 7.1.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986--continued

Children

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Intake per 1,000 Kilocalories							
	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus	Magnesium
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	-----Milligrams-----	-----Micrograms-----	-----Milligrams-----					
All Children.....	1.21	10.0	0.90	141	3.24	586	726	134
Age:								
1-3.....	1.25	9.9	.91	142	3.38	611	742	136
4-5.....	1.16	10.2	.89	140	3.06	551	703	132
Income Level:								
0-75% Poverty.....	1.19	10.3	.89	147	3.12	560	719	135
76-130% Poverty.....	1.21	9.5	.88	131	3.21	628	745	133
Over 130% Poverty....	1.26	10.2	.92	133	3.22	609	721	130
0-100% Poverty.....	1.20	10.1	.90	144	3.13	576	727	135
0-130% Poverty.....	1.20	10.0	.88	141	3.15	586	729	134
Race:								
White.....	1.24	9.8	.90	138	3.29	615	742	136
Black.....	1.15	10.7	.90	153	3.32	501	674	129
Other.....	1.12	10.4	.91	135	2.75	531	705	130
Region:								
Northeast.....	1.21	10.0	.90	137	3.10	602	724	137
Midwest.....	1.23	9.9	.87	132	3.00	611	737	132
South.....	1.20	10.1	.89	147	3.57	555	708	129
West.....	1.21	10.1	.95	151	3.21	582	740	140
Urbanization:								
Central Cities.....	1.25	10.1	.91	147	3.29	613	747	137
Suburban Areas.....	1.21	10.0	.91	138	3.33	583	726	136
Nonmetropolitan Areas	1.17	10.0	.87	140	3.08	555	699	128
Food Stamp Status:								
Participating.....	1.20	10.3	.90	145	3.19	568	726	135
Not Participating....	1.22	9.8	.89	137	3.31	606	725	133

Table 7.1.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over  
4 Nonconsecutive Days, Low-Income Households, 1986--continued

Children

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Intake per 1,000 Kilocalories					
	Iron	Zinc	Copper	Sodium	Potassium	
-----Milligrams-----						
All Children.....	7.2	5.6	0.6	1,502	1,347	
Age:						
1-3.....	7.2	5.6	.6	1,480	1,379	
4-5.....	7.2	5.5	.6	1,533	1,302	
Income Level:						
0-75% Poverty.....	7.2	5.6	.6	1,499	1,346	
76-130% Poverty.....	6.9	5.5	.5	1,523	1,377	
Over 130% Poverty....	7.5	5.4	.5	1,445	1,303	
0-100% Poverty.....	7.1	5.6	.6	1,500	1,365	
0-130% Poverty.....	7.1	5.6	.6	1,508	1,358	
Race:						
White.....	7.2	5.6	.5	1,508	1,365	
Black.....	7.2	5.5	.6	1,515	1,285	
Other.....	7.4	5.5	.5	1,423	1,326	
Region:						
Northeast.....	7.2	5.4	.6	1,508	1,396	
Midwest.....	7.3	5.6	.5	1,589	1,365	
South.....	6.9	5.6	.6	1,444	1,278	
West.....	7.5	5.6	.5	1,466	1,382	
Urbanization:						
Central Cities.....	7.1	5.6	.6	1,499	1,400	
Suburban Areas.....	7.3	5.6	.6	1,480	1,332	
Nonmetropolitan Areas	7.2	5.4	.5	1,537	1,302	
Food Stamp Status:						
Participating.....	7.3	5.7	.6	1,514	1,346	
Not Participating....	7.1	5.4	.5	1,489	1,348	

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals,  
Low Income, 1986.

Table 7.2.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986

## Women

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Individuals	Food Energy in Total Diet	Intake per 1,000 Kilocalories					
			Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol
	Number	Kilocalories	Grams					Milligrams
All Women.....	966	1,424	41.7	40.4	14.7	15.3	7.5	209
Age:								
19-34.....	598	1,486	41.0	40.0	14.8	15.1	7.2	195
35-50.....	367	1,322	42.8	40.9	14.4	15.5	8.0	231
Income Level:								
0-75% Poverty.....	420	1,413	42.3	40.6	14.5	15.4	7.7	225
76-130% Poverty.....	320	1,419	42.2	40.5	15.1	15.3	7.3	209
Over 130% Poverty.....	137	1,442	40.2	40.2	14.5	15.2	7.5	178
0-100% Poverty.....	581	1,423	42.1	40.5	14.7	15.4	7.5	219
0-130% Poverty.....	740	1,416	42.3	40.6	14.8	15.4	7.5	218
Race:								
White.....	643	1,455	41.3	40.8	15.0	15.2	7.7	196
Black.....	210	1,303	42.5	39.5	13.8	15.3	7.3	231
Other.....	73	1,499	41.9	39.5	14.3	15.3	7.0	228
Region:								
Northeast.....	183	1,394	42.3	39.6	14.5	14.8	7.5	198
Midwest.....	240	1,449	42.0	41.9	15.6	15.8	7.5	197
South.....	323	1,393	41.5	39.1	13.8	15.2	7.2	225
West.....	220	1,467	41.2	41.2	15.1	15.2	8.0	206
Urbanization:								
Central Cities.....	309	1,387	42.6	40.0	14.4	15.0	7.6	211
Suburban Areas.....	357	1,436	41.2	39.9	14.5	15.1	7.4	212
Nonmetropolitan Areas	300	1,448	41.5	41.3	15.2	15.7	7.5	202
Food Stamp Status:								
Participating.....	420	1,379	42.2	40.3	14.6	15.3	7.5	216
Not Participating....	545	1,459	41.4	40.4	14.8	15.2	7.6	203

Table 7.2.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986--continued

Women

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Intake per 1,000 Kilocalories							
	Carbohydrate	Dietary	Vitamin A	Vitamin A	Carotenes	Vitamin E	Ascorbic	Thiamin
		Fiber					Acid	
	-----Grams-----	International Units	Retinol -----Equivalents-----	Alpha-Tocopherol Equivalents	-----Milligrams-----			
All Women.....	117.5	6.6	2,993	518	195	4.3	50	0.73
Age:								
19-34.....	118.9	6.3	3,022	549	184	4.1	47	.73
35-50.....	115.1	7.2	2,946	466	213	4.5	54	.74
Income Level:								
0-75% Poverty.....	116.2	6.6	2,910	524	180	4.3	50	.75
76-130% Poverty.....	116.2	6.3	2,827	468	194	3.9	48	.71
Over 130% Poverty....	120.4	7.3	3,702	631	245	5.2	49	.76
0-100% Poverty.....	116.8	6.5	2,853	504	181	4.2	50	.73
0-130% Poverty.....	116.2	6.5	2,874	500	186	4.1	49	.73
Race:								
White.....	117.0	6.8	2,970	508	196	4.5	46	.73
Black.....	118.5	6.1	3,139	571	192	3.7	59	.74
Other.....	120.2	6.9	3,148	515	220	4.7	53	.75
Region:								
Northeast.....	117.4	6.5	3,050	521	201	4.0	54	.74
Midwest.....	113.9	6.7	3,028	563	179	4.3	47	.74
South.....	121.2	6.4	2,809	477	187	3.9	47	.72
West.....	116.1	7.0	3,177	526	219	5.0	54	.75
Urbanization:								
Central Cities.....	117.0	6.4	2,869	513	179	4.3	55	.74
Suburban Areas.....	119.4	6.7	3,079	532	200	4.2	47	.72
Nonmetropolitan Areas	115.8	6.8	3,017	506	205	4.3	48	.74
Food Stamp Status:								
Participating.....	117.1	6.6	2,913	525	180	4.3	51	.75
Not Participating....	117.8	6.7	3,055	512	207	4.2	49	.72

Table 7.2.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986--continued

Women

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Intake per 1,000 Kilocalories							
	Riboflavin	Niacin	Vitamin B-6	Folic acid	Vitamin B-12	Calcium	Phosphorus	Magnesium
	:	:	:	:	:	:	:	:
	-----Milligrams-----	-----Micrograms-----	-----Milligrams-----					
All Women.....	0.90	10.8	0.77	132	3.19	399	647	134
Age:								
19-34.....	.92	10.7	.76	126	3.44	410	647	130
35-50.....	.87	11.1	.80	141	2.78	380	649	141
Income Level:								
0-75% Poverty.....	.89	10.9	.77	134	3.51	387	646	133
76-130% Poverty.....	.89	10.6	.75	122	2.86	421	659	132
Over 130% Poverty....	.95	11.3	.84	143	3.04	389	639	139
0-100% Poverty.....	.89	10.8	.76	130	3.31	396	647	132
0-130% Poverty.....	.89	10.8	.76	129	3.23	402	651	133
Race:								
White.....	.93	10.9	.78	131	2.92	431	665	139
Black.....	.83	10.7	.76	133	3.73	319	599	117
Other.....	.84	11.0	.77	130	3.91	349	628	133
Region:								
Northeast.....	.88	11.5	.81	122	3.48	384	632	134
Midwest.....	.96	11.0	.77	122	3.24	444	670	139
South.....	.82	10.6	.74	136	3.07	343	614	126
West.....	.96	10.5	.79	145	3.06	444	685	140
Urbanization:								
Central Cities.....	.90	10.9	.78	135	3.32	399	653	132
Suburban Areas.....	.89	10.7	.77	132	3.33	394	641	134
Nonmetropolitan Areas	.91	11.0	.77	129	2.89	404	650	135
Food Stamp Status:								
Participating.....	.90	10.9	.77	135	3.46	391	651	134
Not Participating....	.90	10.8	.77	129	2.98	405	644	134

Table 7.2.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over  
4 Nonconsecutive Days, Low-Income Households, 1986--continued

Women

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Intake per 1,000 Kilocalories					
	Iron	Zinc	Copper	Sodium	Potassium	
-----Milligrams-----						
All Women.....	6.9	5.9	0.6	1,614	1,365	
Age:						
19-34.....	6.8	5.9	.6	1,593	1,309	
35-50.....	7.1	6.0	.7	1,648	1,458	
Income Level:						
0-75% Poverty.....	6.9	6.0	.7	1,631	1,362	
76-130% Poverty.....	6.7	5.9	.6	1,615	1,369	
Over 130% Poverty....	7.3	5.7	.7	1,608	1,370	
0-100% Poverty.....	6.9	5.9	.6	1,625	1,351	
0-130% Poverty.....	6.9	5.9	.6	1,624	1,365	
Race:						
White.....	6.9	5.9	.6	1,626	1,421	
Black.....	6.7	5.7	.6	1,605	1,199	
Other.....	7.2	6.3	.7	1,548	1,341	
Region:						
Northeast.....	6.8	5.7	.7	1,611	1,414	
Midwest.....	7.0	6.0	.6	1,710	1,425	
South.....	6.8	5.8	.6	1,609	1,271	
West.....	7.0	6.1	.7	1,518	1,398	
Urbanization:						
Central Cities.....	6.9	6.0	.6	1,592	1,354	
Suburban Areas.....	7.0	6.0	.7	1,595	1,354	
Nonmetropolitan Areas	6.9	5.8	.6	1,659	1,391	
Food Stamp Status:						
Participating.....	7.0	6.1	.7	1,615	1,365	
Not Participating....	6.9	5.8	.6	1,613	1,366	

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals,  
Low Income, 1986.



Table 8.1.--Food Energy from Protein, Total Fat, Fat, and Carbohydrate: Mean Percentage per Individual Over  
4 Nonconsecutive Days, Low-Income Households, 1986

Children

Age, Income Level,	:	:	:	:	:	:	:
Race, Region,	:	:	:	:	:	:	:
Urbanization, and	:	:	:	:	:	:	:
Food Stamp Program	:	:	:	:	:	:	:
Status	:	:	:	:	:	:	:
	:	:	:	:	:	:	:
	Number	Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Carbohydrate
All Children.....	534	15.9	36.1	14.6	13.3	5.7	49.1
Age:							
1-3.....	309	16.1	36.7	15.0	13.4	5.6	48.4
4-5.....	225	15.7	35.4	14.1	13.1	5.7	50.0
Income Level:							
0-75% Poverty.....	244	16.1	36.6	14.6	13.5	5.9	48.4
76-130% Poverty.....	151	16.1	36.6	15.3	13.2	5.4	48.4
Over 130% Poverty....	67	15.2	35.2	14.4	12.9	5.4	50.8
0-100% Poverty.....	323	16.1	36.7	14.8	13.5	5.8	48.3
0-130% Poverty.....	396	16.1	36.6	14.9	13.4	5.7	48.4
Race:							
White.....	371	15.8	36.3	14.9	13.2	5.7	49.2
Black.....	108	16.1	35.5	13.7	13.4	5.9	49.3
Other.....	39	16.4	35.6	14.5	13.3	5.1	48.9
Region:							
Northeast.....	112	15.6	35.6	14.9	12.9	5.4	50.0
Midwest.....	148	16.0	36.5	14.8	13.4	5.8	48.7
South.....	170	16.0	36.2	14.5	13.4	5.7	48.7
West.....	103	16.1	36.0	14.4	13.2	5.9	49.3
Urbanization:							
Central Cities.....	182	16.4	35.6	14.4	13.0	5.7	49.1
Suburban Areas.....	205	15.8	35.9	14.7	13.1	5.6	49.4
Nonmetropolitan Areas	147	15.4	37.1	14.9	13.8	5.8	48.6
Food Stamp Status:							
Participating.....	281	16.2	36.9	14.7	13.6	6.0	48.1
Not Participating....	252	15.7	35.3	14.6	12.8	5.4	50.2

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 8.2.--Food Energy from Protein, Total Fat, Fat, and Carbohydrate: Mean Percentage per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986

Women

	:	:	:	:	:	:	:
Age, Income Level,	:	:	:	:	:	:	:
Race, Region,	:	:	:	:	:	:	:
Urbanization, and	:	:	:	:	:	:	:
Food Stamp Program	:	:	:	:	:	:	:
Status	:	:	:	:	:	:	:
	:	:	:	:	:	:	:
	Number	Percent-----					
All Women.....	966	16.7	36.3	13.2	13.7	6.8	47.0
Age:							
19-34.....	598	16.4	36.0	13.4	13.6	6.5	47.6
35-50.....	367	17.1	36.9	13.0	13.9	7.2	46.1
Income Level:							
0-75% Poverty.....	420	16.9	36.5	13.0	13.9	7.0	46.5
76-130% Poverty.....	320	16.9	36.4	13.6	13.7	6.5	46.5
Over 130% Poverty....	137	16.1	36.2	13.1	13.7	6.8	48.1
0-100% Poverty.....	581	16.8	36.5	13.2	13.8	6.8	46.7
0-130% Poverty.....	740	16.9	36.5	13.3	13.8	6.8	46.5
Race:							
White.....	643	16.5	36.7	13.5	13.7	6.9	46.8
Black.....	210	17.0	35.5	12.5	13.8	6.6	47.4
Other.....	73	16.8	35.6	12.8	13.8	6.3	48.1
Region:							
Northeast.....	183	16.9	35.7	13.1	13.3	6.7	46.9
Midwest.....	240	16.8	37.7	14.0	14.3	6.7	45.6
South.....	323	16.6	35.2	12.4	13.6	6.5	48.5
West.....	220	16.5	37.1	13.6	13.7	7.2	46.4
Urbanization:							
Central Cities.....	309	17.0	36.0	13.0	13.5	6.9	46.8
Suburban Areas.....	357	16.5	35.9	13.0	13.6	6.7	47.8
Nonmetropolitan Areas	300	16.6	37.2	13.7	14.1	6.7	46.3
Food Stamp Status:							
Participating.....	420	16.9	36.3	13.1	13.8	6.7	46.9
Not Participating....	545	16.5	36.4	13.3	13.7	6.8	47.1

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 9.1--Breakfast: Percentage of Individuals Reporting on Specified  
Number of Days, 4 Nonconsecutive Days, Low-Income  
Households, 1986

Children

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Individuals	Number of Days Breakfast Reported					
		0	1	2	3	4	
		:	:	:	:	:	:
	Number	Percent of Individuals					
All Children.....	534	0.0	0.7	1.2	8.9	89.2	
Age:							
1-3.....	309	.0	1.2	1.2	7.1	90.5	
4-5.....	225	.0	.0	1.4	11.3	87.3	
Income Level:							
0-75% Poverty.....	244	.0	1.2	1.8	6.4	90.5	
76-130% Poverty.....	151	.0	.4	1.5	16.1	82.0	
Over 130% Poverty....	67	.0	.0	.0	10.3	89.7	
0-100% Poverty.....	323	.0	.9	2.1	9.5	87.5	
0-130% Poverty.....	396	.0	.9	1.7	10.1	87.3	
Race:							
White.....	371	.0	.6	1.4	6.5	91.5	
Black.....	108	.0	.6	1.2	17.3	80.9	
Other.....	39	.0	1.9	.0	9.7	88.3	
Region:							
Northeast.....	112	.0	.0	.0	5.5	94.5	
Midwest.....	148	.0	1.6	.0	14.6	83.9	
South.....	170	.0	.4	3.9	7.6	88.1	
West.....	103	.0	.7	.0	6.6	92.7	
Urbanization:							
Central Cities.....	182	.0	1.6	2.4	16.8	79.1	
Suburban Areas.....	205	.0	.0	1.1	1.8	97.1	
Nonmetropolitan Areas	147	.0	.5	.0	8.9	90.6	
Food Stamp Status:							
Participating.....	281	.0	1.1	1.5	8.2	89.2	
Not Participating....	252	.0	.3	.9	9.6	89.2	

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals,  
Low Income, 1986.

## Women

NOTE: See "Table Notes."  
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals,  
Low Income, 1986.

Table 10.1.--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986

Children

	:	:	:	:	:	:	:	:
Age, Income Level,	:	:	:	:	:	:	:	:
Race, Region,	:	:	:	:	:	:	:	:
Urbanization, and	:	:	:	:	:	:	:	:
Food Stamp Program	:	:	:	:	:	:	:	:
Status	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	Number	-----	Percent	-----	-----	-----	-----	-----
All Children.....	534	100.0	22.0	20.6	19.3	21.4	18.2	16.8
Age:								
1-3.....	309	100.0	22.2	21.1	20.0	21.7	19.0	17.6
4-5.....	225	100.0	21.7	19.8	18.4	20.9	17.0	15.6
Income Level:								
0-75% Poverty.....	244	100.0	22.4	21.1	20.3	22.5	19.3	17.2
76-130% Poverty.....	151	100.0	21.4	19.9	18.2	19.9	17.1	16.3
Over 130% Poverty....	67	100.0	20.2	18.9	15.8	17.6	14.7	15.0
0-100% Poverty.....	323	100.0	22.0	20.8	19.7	21.8	18.6	16.7
0-130% Poverty.....	396	100.0	22.0	20.6	19.5	21.5	18.4	16.9
Race:								
White.....	371	100.0	21.1	19.7	18.0	19.7	16.9	16.2
Black.....	108	100.0	23.3	21.4	21.5	24.9	20.2	17.1
Other.....	39	100.0	25.6	25.3	23.3	25.6	21.9	19.6
Region:								
Northeast.....	112	100.0	21.2	19.9	18.5	20.9	17.1	15.7
Midwest.....	148	100.0	20.9	18.2	16.3	17.6	15.4	15.6
South.....	170	100.0	22.2	21.0	20.5	23.5	19.2	16.6
West.....	103	100.0	24.1	23.9	22.3	23.7	21.6	20.0
Urbanization:								
Central Cities.....	182	100.0	21.3	19.8	18.5	20.7	17.3	15.6
Suburban Areas.....	205	100.0	22.1	21.0	19.9	22.1	18.7	17.1
Nonmetropolitan Areas	147	100.0	22.7	20.9	19.5	21.2	18.5	17.7
Food Stamp Status:								
Participating.....	281	100.0	22.6	21.2	20.5	22.5	19.5	17.7
Not Participating....	252	100.0	21.3	19.8	18.0	20.1	16.7	15.7

Table 10.1.--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986--continued

Children

	:	:	:	:	:	:	:	:
Age, Income Level,	:	:	:	:	:	:	:	:
Race, Region,	:	:	Dietary	Vitamin A	Vitamin A	:	:	Ascorbic
Urbanization, and	Cholesterol	Carbohydrate	Fiber	(IU)	(RE)	Carotenes	Vitamin E	Acid
Food Stamp Program	:	:	:	:	:	:	:	:
Status	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
-----Percent-----								
All Children.....	33.7	24.4	16.4	34.3	44.0	9.5	21.5	31.5
Age:								
1-3.....	36.2	24.2	16.4	34.6	43.8	10.1	23.4	32.2
4-5.....	30.2	24.7	16.4	34.0	44.3	8.7	18.9	30.7
Income Level:								
0-75% Poverty.....	35.6	24.3	16.6	34.8	44.8	9.8	21.8	30.3
76-130% Poverty.....	33.0	24.5	16.9	32.2	41.0	10.1	19.2	32.1
Over 130% Poverty....	26.3	23.6	15.8	34.9	44.7	7.2	25.1	31.8
0-100% Poverty.....	34.0	24.2	16.5	34.1	43.6	9.7	21.0	30.7
0-130% Poverty.....	34.6	24.4	16.7	33.8	43.3	9.9	20.8	31.0
Race:								
White.....	31.3	24.0	16.3	33.0	42.6	8.4	21.4	30.2
Black.....	35.0	24.9	15.8	37.3	47.6	11.3	20.0	34.3
Other.....	44.4	27.1	19.9	36.8	47.0	11.8	26.1	35.1
Region:								
Northeast.....	32.0	23.5	16.1	33.4	42.6	10.6	19.9	31.1
Midwest.....	27.4	25.4	16.9	30.5	40.6	7.1	18.6	31.3
South.....	35.3	23.8	14.8	36.7	46.1	10.7	21.5	32.0
West.....	41.9	24.7	18.7	36.9	47.2	9.9	27.5	31.5
Urbanization:								
Central Cities.....	31.9	23.9	17.6	33.7	43.0	9.4	20.0	30.1
Suburban Areas.....	34.6	23.9	15.4	34.3	44.2	9.2	21.3	30.5
Nonmetropolitan Areas	34.7	25.6	16.2	35.1	45.2	10.0	23.6	34.9
Food Stamp Status:								
Participating.....	35.6	24.7	16.9	36.2	46.1	10.2	22.9	31.7
Not Participating....	31.5	24.0	15.9	32.3	41.7	8.7	19.9	31.3

Table 10.1.--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986--continued

## Children

	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folicin	Vitamin B-12	Calcium	Phosphorus
All Children.....	36.6	37.7	30.0	37.9	41.7	34.7	31.1	26.4
Age:								
1-3.....	37.1	37.4	30.2	37.7	42.3	34.4	30.6	26.4
4-5.....	35.9	38.2	29.7	38.3	40.8	35.2	31.7	26.4
Income Level:								
0-75% Poverty.....	35.8	37.8	29.2	37.2	40.6	34.7	31.4	27.0
76-130% Poverty.....	35.2	35.6	28.2	35.2	39.7	32.3	30.2	25.4
Over 130% Poverty....	39.8	38.3	33.7	42.4	44.3	35.4	28.4	24.3
0-100% Poverty.....	35.6	37.3	28.9	36.8	40.3	34.1	31.1	26.6
0-130% Poverty.....	35.6	37.0	28.8	36.4	40.3	33.8	31.0	26.4
Race:								
White.....	36.3	36.7	30.7	37.9	41.4	33.7	29.4	25.2
Black.....	36.7	39.6	28.4	38.0	41.1	36.2	34.8	28.3
Other.....	39.9	42.1	30.7	39.3	44.4	40.0	36.1	31.1
Region:								
Northeast.....	34.6	36.7	28.6	35.7	42.2	34.2	30.3	25.4
Midwest.....	35.8	35.4	30.3	38.2	40.6	32.2	27.8	24.2
South.....	37.2	39.1	29.7	38.4	42.3	35.3	33.4	27.3
West.....	38.8	40.1	31.6	39.3	41.6	38.0	32.7	29.1
Urbanization:								
Central Cities.....	35.2	36.1	28.3	36.7	40.4	33.8	30.3	26.0
Suburban Areas.....	37.4	38.9	30.7	38.2	41.7	35.5	32.1	26.9
Nonmetropolitan Areas	37.3	38.2	31.1	39.0	43.3	34.8	30.6	26.2
Food Stamp Status:								
Participating.....	37.0	38.6	30.1	38.2	42.2	35.7	31.7	27.1
Not Participating....	36.1	36.8	29.8	37.6	41.1	33.7	30.4	25.5



Table 10.1.--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986--continued

Children

	:	:	:	:	:	:	:
Age, Income Level,	:	:	:	:	:	:	:
Race, Region,	:	:	:	:	:	:	:
Urbanization, and	:	:	:	:	:	:	:
Food Stamp Program	:	:	:	:	:	:	:
Status	:	:	:	:	:	:	:
	:	:	:	:	:	:	:
	Magnesium	Iron	Zinc	Copper	Sodium	Potassium	
-----Percent-----							
All Children.....	25.5	36.0	22.5	19.1	21.0	23.5	
Age:							
1-3.....	25.3	36.6	22.2	19.2	21.4	23.5	
4-5.....	25.7	35.1	23.0	18.9	20.4	23.4	
Income Level:							
0-75% Poverty.....	25.3	35.8	23.4	18.6	21.5	23.2	
76-130% Poverty.....	25.5	34.5	21.0	19.9	20.0	23.3	
Over 130% Poverty....	24.4	39.1	21.6	19.1	20.4	23.2	
0-100% Poverty.....	25.3	34.8	22.7	18.8	21.0	23.2	
0-130% Poverty.....	25.3	35.3	22.5	19.1	20.9	23.3	
Race:							
White.....	24.9	36.5	22.0	18.8	19.8	22.3	
Black.....	25.6	34.0	23.0	17.9	22.9	24.6	
Other.....	30.1	38.6	25.2	24.0	26.1	29.9	
Region:							
Northeast.....	24.9	34.9	23.4	18.4	18.5	22.8	
Midwest.....	25.0	37.0	21.5	19.5	18.7	22.3	
South.....	25.0	34.1	21.9	17.5	22.5	23.9	
West.....	27.3	38.8	24.1	21.9	24.5	25.3	
Urbanization:							
Central Cities.....	25.5	34.3	22.4	19.3	20.5	22.8	
Suburban Areas.....	24.8	36.1	22.4	18.4	21.7	23.0	
Nonmetropolitan Areas	26.2	38.0	23.0	19.9	20.6	25.0	
Food Stamp Status:							
Participating.....	26.0	36.3	23.5	19.2	21.5	23.6	
Not Participating....	24.8	35.6	21.5	19.0	20.4	23.4	

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

## Women

## Women

103

Table 10.2.--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986--continued

Women

	:	:	:	:	:	:	:	:
Age, Income Level,	:	:	:	:	:	:	:	:
Race, Region,	:	:	:	:	:	:	:	:
Urbanization, and	:	:	:	:	:	:	:	:
Food Stamp Program	:	:	:	:	:	:	:	:
Status	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
-----Percent-----								
All Women.....	23.0	24.9	17.1	19.4	26.3	21.7	23.6	18.9
Age:								
19-34.....	23.6	25.5	17.8	20.4	27.1	21.5	24.2	18.8
35-50.....	22.1	23.9	16.1	17.6	24.9	22.0	22.8	18.9
Income Level:								
0-75% Poverty.....	22.0	23.9	15.8	17.8	24.9	20.8	23.6	18.5
76-130% Poverty.....	21.9	24.2	16.3	18.2	24.7	21.0	23.4	18.5
Over 130% Poverty....	27.0	27.8	21.1	24.7	31.5	24.1	23.3	19.6
0-100% Poverty.....	22.1	24.1	16.0	18.0	25.0	21.0	23.5	18.5
0-130% Poverty.....	21.9	24.0	16.0	18.0	24.8	20.9	23.5	18.5
Race:								
White.....	22.0	23.8	17.1	19.0	25.7	20.5	21.9	17.5
Black.....	25.1	26.1	16.6	19.2	26.2	24.5	26.4	20.9
Other.....	25.4	27.1	18.7	21.3	29.7	22.4	26.3	21.9
Region:								
Northeast.....	19.7	22.5	14.0	15.5	26.1	19.4	23.8	17.1
Midwest.....	22.6	23.5	17.7	20.5	26.1	19.2	20.8	16.9
South.....	23.5	26.2	16.1	18.3	24.6	23.5	25.3	20.3
West.....	25.6	26.4	20.6	22.8	29.1	23.7	24.2	20.3
Urbanization:								
Central Cities.....	23.5	25.2	17.1	20.0	27.2	22.8	24.9	19.0
Suburban Areas.....	22.3	25.0	16.5	18.1	25.1	20.7	24.0	19.0
Nonmetropolitan Areas	23.5	24.4	17.9	20.1	26.7	21.8	21.9	18.6
Food Stamp Status:								
Participating.....	22.3	24.1	16.5	18.4	25.8	21.4	23.5	18.4
Not Participating....	23.6	25.5	17.6	20.1	26.6	22.0	23.8	19.2



Children

NOTE: See "Table Notes."

Low Income, 1986.

## Women

NOTE: See "Table Notes."

107



Table 12.1.--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986

Children

	:	:	:	:	:	:	:	:
Age, Income Level,	:	:	Individuals	:	:	:	:	:
Race, Region,	:	:	Reporting	:	:	:	:	:
Urbanization, and	:	Individuals	Snacks at	:	Food	Total	Saturated	Monounsaturated
Food Stamp Program	:	:	Least Once	:	Energy	Fat	Fat	Fat
Status	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	Number							
All Children.....	534	97.5	16.8	11.2	15.7	16.9	14.4	14.4
Age:								
1-3.....	309	97.4	17.5	12.6	16.8	18.5	15.4	14.5
4-5.....	225	97.5	15.7	9.4	14.2	14.8	13.1	14.2
Income Level:								
0-75% Poverty.....	244	95.9	15.6	10.1	14.6	15.7	13.5	13.6
76-130% Poverty.....	151	98.0	18.2	13.1	17.3	18.7	15.7	15.5
Over 130% Poverty....	67	100.0	20.4	14.0	19.4	21.2	17.9	17.0
0-100% Poverty.....	323	96.3	16.1	10.9	15.2	16.4	14.1	13.9
0-130% Poverty.....	396	96.7	16.5	11.2	15.6	16.9	14.4	14.3
Race:								
White.....	371	98.9	18.2	12.1	16.9	18.2	15.6	15.6
Black.....	108	93.5	14.0	9.7	13.4	14.5	12.3	12.5
Other.....	39	100.0	13.7	8.9	12.7	14.1	11.5	11.3
Region:								
Northeast.....	112	96.4	20.3	13.4	19.7	20.5	18.7	19.1
Midwest.....	148	97.6	15.3	9.9	13.6	15.2	12.0	12.1
South.....	170	99.1	16.4	11.0	15.6	16.9	14.4	13.7
West.....	103	95.7	15.7	11.1	14.5	15.6	13.4	13.7
Urbanization:								
Central Cities.....	182	97.1	15.9	10.9	14.7	16.1	13.1	13.2
Suburban Areas.....	205	97.1	17.2	11.4	16.3	17.7	15.1	14.6
Nonmetropolitan Areas	147	98.4	17.3	11.3	16.0	16.8	15.3	15.5
Food Stamp Status:								
Participating.....	281	96.3	15.6	10.3	14.5	15.5	13.5	13.6
Not Participating....	252	98.8	18.1	12.3	17.0	18.5	15.5	15.3

Table 12.1.--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986--continued

## Children

	:	:	:	:	:	:	:	:
Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	: Cholesterol	: Carbohydrate	: Dietary Fiber	: Vitamin A (IU)	: Vitamin A (RE)	: Carotenes	: Vitamin E	: Ascorbic Acid
	:	:	:	:	:	:	:	:
	-----Percent-----							
All Children.....	10.1	19.5	14.7	10.2	10.5	10.4	16.4	17.0
Age:								
1-3.....	10.8	19.9	14.9	10.1	10.7	10.0	15.9	17.3
4-5.....	9.1	18.9	14.4	10.4	10.2	10.9	17.1	16.6
Income Level:								
0-75% Poverty.....	9.1	18.2	13.3	10.1	9.9	10.8	15.3	15.9
76-130% Poverty.....	11.3	20.6	16.0	11.9	12.7	11.0	19.2	18.9
Over 130% Poverty....	12.7	23.0	16.9	12.4	12.5	12.4	17.4	17.7
0-100% Poverty.....	10.1	18.7	14.0	10.9	11.0	11.0	16.4	16.5
0-130% Poverty.....	9.9	19.1	14.3	10.8	11.0	10.9	16.8	17.0
Race:								
White.....	10.8	21.3	15.3	11.1	11.5	10.8	17.5	18.2
Black.....	8.4	15.7	13.2	8.3	7.9	10.1	14.9	15.1
Other.....	9.0	16.2	14.7	7.9	8.2	8.7	12.9	12.7
Region:								
Northeast.....	12.8	23.1	17.9	13.0	13.3	12.7	20.3	19.7
Midwest.....	8.5	18.5	13.0	9.5	10.1	8.3	15.3	17.4
South.....	9.6	18.6	14.3	9.4	9.3	11.0	16.0	16.6
West.....	10.0	18.4	14.2	9.8	10.1	10.0	14.3	14.3
Urbanization:								
Central Cities.....	9.6	18.6	14.0	11.4	11.3	11.7	15.4	18.5
Suburban Areas.....	11.1	19.8	14.9	9.4	10.1	9.2	16.0	17.7
Nonmetropolitan Areas	9.3	20.2	15.2	10.0	10.0	10.6	18.2	14.3
Food Stamp Status:								
Participating.....	9.1	18.4	13.6	9.2	9.3	9.5	15.2	15.2
Not Participating....	11.1	20.6	15.9	11.4	11.8	11.4	17.8	19.0



Children

NOTE: See "Table Notes."

111

Table 12.2.--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986

Women

	:	:	:	:	:	:	:	:
Age, Income Level,	:	:	Individuals	:	:	:	:	:
Race, Region,	:	:	Reporting	:	:	Total	Saturated	Monounsaturated
Urbanization, and	:	Individuals	Snacks at	:	Energy	Protein	Fat	Fat
Food Stamp Program	:	:	Least Once	:	:	:	:	:
Status	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	Number							
All Women.....	966	93.4	13.8	7.0	10.6	11.3	9.7	10.5
Age:								
19-34.....	598	93.3	14.6	7.4	11.3	12.0	10.4	11.4
35-50.....	367	93.5	12.5	6.3	9.4	10.2	8.7	9.1
Income Level:								
0-75% Poverty.....	420	92.7	12.7	6.4	9.4	9.9	8.6	9.8
76-130% Poverty.....	320	92.7	14.2	7.4	11.5	12.3	10.7	11.2
Over 130% Poverty....	137	99.6	14.4	6.7	10.5	12.2	9.4	9.3
0-100% Poverty.....	581	93.0	13.3	6.7	10.1	10.8	9.3	10.3
0-130% Poverty.....	740	92.7	13.4	6.8	10.3	11.0	9.5	10.4
Race:								
White.....	643	95.8	14.2	7.1	10.7	11.6	10.0	10.4
Black.....	210	88.6	13.6	7.3	10.7	11.4	9.7	11.3
Other.....	73	92.2	12.9	6.5	10.1	9.8	9.1	11.8
Region:								
Northeast.....	183	90.5	16.0	8.3	12.6	13.7	11.8	12.4
Midwest.....	240	95.7	14.0	6.6	10.6	11.5	9.5	11.1
South.....	323	92.5	11.2	5.4	8.3	9.1	7.6	8.0
West.....	220	94.6	15.4	8.6	12.0	12.5	11.3	12.0
Urbanization:								
Central Cities.....	309	90.1	14.5	7.6	11.1	11.9	10.5	11.0
Suburban Areas.....	357	94.4	14.1	7.0	10.5	11.4	9.6	10.2
Nonmetropolitan Areas	300	95.6	12.7	6.4	10.0	10.7	9.0	10.4
Food Stamp Status:								
Participating.....	420	92.1	13.9	6.8	10.0	10.6	9.1	10.2
Not Participating....	545	94.4	13.7	7.1	11.0	11.9	10.2	10.8

Table 12.2.--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986--continued

Women

	:	:	:	:	:	:	:	:
Age, Income Level,	:	:	:	:	:	:	:	:
Race, Region,	:	:	:	:	:	:	:	:
Urbanization, and	: Cholesterol	: Carbohydrate	: Dietary	: Vitamin A	: Vitamin A	:	:	: Ascorbic
Food Stamp Program	:	:	: Fiber	: (IU)	: (RE)	: Carotenes	: Vitamin E	: Acid
Status	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
-----Percent-----								
All Women.....	5.9	17.9	11.0	7.7	8.2	7.2	11.1	12.3
Age:								
19-34.....	6.8	18.7	11.6	8.3	8.8	7.8	12.0	12.7
35-50.....	4.4	16.5	10.1	6.7	7.2	6.2	9.7	11.5
Income Level:								
0-75% Poverty.....	4.9	17.1	11.1	7.4	7.7	7.0	10.7	12.0
76-130% Poverty.....	6.6	17.7	10.5	8.3	8.9	7.4	11.1	12.0
Over 130% Poverty....	5.9	19.3	11.3	6.9	7.2	7.0	10.7	12.2
0-100% Poverty.....	5.6	17.6	10.8	7.4	7.9	6.9	10.8	11.7
0-130% Poverty.....	5.6	17.4	10.9	7.8	8.3	7.2	10.9	12.0
Race:								
White.....	6.0	18.6	10.9	7.7	8.3	7.0	11.0	12.0
Black.....	5.8	17.2	11.9	8.1	8.2	7.9	11.9	13.4
Other.....	5.3	16.6	10.5	6.6	6.7	7.1	12.2	11.8
Region:								
Northeast.....	7.5	20.2	12.1	9.0	9.8	8.2	12.6	12.9
Midwest.....	6.1	18.5	11.3	7.8	8.3	7.3	10.6	12.4
South.....	4.3	15.1	9.2	6.6	6.8	6.1	9.3	10.9
West.....	6.4	19.3	12.5	8.3	8.9	7.9	13.2	13.6
Urbanization:								
Central Cities.....	6.2	18.8	12.5	8.5	8.9	7.8	11.6	13.4
Suburban Areas.....	5.7	18.3	10.7	7.5	8.1	7.2	11.6	12.1
Nonmetropolitan Areas	5.7	16.5	9.8	7.2	7.7	6.6	10.2	11.2
Food Stamp Status:								
Participating.....	5.6	18.7	11.2	8.2	8.5	7.7	11.1	12.4
Not Participating....	6.0	17.3	10.9	7.4	8.0	6.8	11.2	12.1

Table 12.2.--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986--continued

Women

	:	:	:	:	:	:	:	:	
Age, Income Level,	:	:	:	:	:	:	:	:	
Race, Region,	:	:	:	:	:	:	:	:	
Urbanization, and	:	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus
Food Stamp Program	:	:	:	:	:	:	:	:	:
Status	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:
	-----Percent-----								
All Women.....	8.9	10.9	8.0	9.2	10.0	6.9	13.2	10.8	
Age:									
19-34.....	9.0	11.1	7.9	9.4	10.0	7.6	13.5	11.5	
35-50.....	8.9	10.6	8.2	8.9	9.9	5.8	12.8	9.8	
Income Level:									
0-75% Poverty.....	8.8	10.4	7.7	8.1	9.8	6.6	12.0	10.0	
76-130% Poverty.....	9.1	11.5	8.5	10.1	9.9	7.8	14.6	11.5	
Over 130% Poverty....	8.2	10.7	7.1	9.2	9.5	5.7	13.1	10.5	
0-100% Poverty.....	8.7	10.8	7.7	8.6	9.7	6.9	13.0	10.4	
0-130% Poverty.....	8.9	10.8	8.1	8.9	9.8	7.1	13.1	10.6	
Race:									
White.....	8.9	11.2	8.4	9.4	10.3	7.0	13.4	11.1	
Black.....	9.4	10.9	8.1	9.7	9.9	7.3	13.3	10.8	
Other.....	9.1	8.5	6.8	7.9	8.9	5.0	11.9	9.6	
Region:									
Northeast.....	10.6	13.6	9.4	10.5	11.1	9.5	16.3	12.6	
Midwest.....	7.9	9.7	7.4	8.2	9.1	6.2	12.4	10.6	
South.....	7.0	8.9	6.3	7.8	8.9	5.5	11.5	8.9	
West.....	11.5	13.0	10.1	11.4	11.5	7.6	14.2	12.4	
Urbanization:									
Central Cities.....	9.5	11.3	8.9	9.8	10.2	7.5	13.6	11.5	
Suburban Areas.....	9.2	11.3	8.2	9.5	10.0	7.1	13.9	11.0	
Nonmetropolitan Areas	8.0	10.1	6.8	8.4	9.8	6.2	12.1	9.9	
Food Stamp Status:									
Participating.....	8.9	10.4	8.2	9.2	10.3	6.6	12.6	10.6	
Not Participating....	9.0	11.3	7.9	9.3	9.7	7.2	13.8	11.0	



Table 12.2.--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986--continued

Women

	:	:	:	:	:	:	:
Age, Income Level,	:	:	:	:	:	:	:
Race, Region,	:	:	:	:	:	:	:
Urbanization, and	:	:	:	:	:	:	:
Food Stamp Program	:	:	:	:	:	:	:
Status	:	:	:	:	:	:	:
	:	:	:	:	:	:	:
	Magnesium	Iron	Zinc	Copper	Sodium	Potassium	
-----Percent-----							
All Women.....	13.7	8.5	8.1	13.0	7.6	12.9	
Age:							
19-34.....	13.9	8.7	8.6	13.4	8.2	13.1	
35-50.....	13.2	8.2	7.4	12.4	6.8	12.6	
Income Level:							
0-75% Poverty.....	12.8	8.2	7.4	12.3	6.9	11.7	
76-130% Poverty.....	14.3	8.6	8.5	12.8	8.1	13.8	
Over 130% Poverty....	14.2	8.4	8.2	14.1	7.9	13.7	
0-100% Poverty.....	13.0	8.2	7.7	12.3	7.1	12.1	
0-130% Poverty.....	13.5	8.4	7.9	12.5	7.4	12.6	
Race:							
White.....	14.5	9.0	8.3	13.8	7.7	13.6	
Black.....	12.3	8.2	8.4	11.9	8.0	11.7	
Other.....	12.7	7.5	7.2	11.5	7.8	11.6	
Region:							
Northeast.....	15.7	9.9	9.4	13.8	8.4	14.7	
Midwest.....	13.8	8.3	8.0	13.0	7.6	13.0	
South.....	11.1	6.8	6.5	10.9	6.5	10.7	
West.....	15.6	10.3	9.7	15.4	8.6	14.5	
Urbanization:							
Central Cities.....	14.0	9.2	9.1	13.8	8.3	13.3	
Suburban Areas.....	14.1	8.6	7.7	13.0	7.4	13.3	
Nonmetropolitan Areas	12.9	7.8	7.6	12.3	7.2	12.0	
Food Stamp Status:							
Participating.....	13.3	8.4	7.9	13.0	7.4	12.4	
Not Participating....	13.9	8.6	8.3	13.0	7.8	13.3	

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Children

NOTE: See "Table Notes."

116

Table 13.2--Food Obtained and Eaten Away from Home: Percentage of Individuals Reporting on Specified Number of Days, 4 Nonconsecutive Days, Low-Income Households, 1986

Women

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Individuals	Number of Days Food Away Reported					
		0	1	2	3	4	
	Number	Percent of Individuals					
All Women.....	966	28.0	27.6	20.8	14.6	9.0	
Age:							
19-34.....	598	24.6	28.0	22.2	16.1	9.2	
35-50.....	367	33.6	26.9	18.6	12.1	8.8	
Income Level:							
0-75% Poverty.....	420	35.2	30.3	18.9	10.8	4.9	
76-130% Poverty.....	320	21.1	25.8	25.5	15.6	12.1	
Over 130% Poverty....	137	20.4	22.6	22.4	22.3	12.2	
0-100% Poverty.....	581	32.2	29.2	20.9	11.4	6.3	
0-130% Poverty.....	740	29.1	28.3	21.8	12.8	8.0	
Race:							
White.....	643	27.3	26.1	20.4	16.0	10.2	
Black.....	210	27.2	31.4	21.6	12.4	7.4	
Other.....	73	27.9	31.5	25.6	10.0	5.0	
Region:							
Northeast.....	183	29.3	26.5	19.3	13.8	11.1	
Midwest.....	240	27.1	23.6	23.6	16.7	8.9	
South.....	323	29.6	29.4	19.0	12.2	9.7	
West.....	220	25.6	30.0	21.7	16.3	6.4	
Urbanization:							
Central Cities.....	309	32.3	26.5	17.6	15.2	8.4	
Suburban Areas.....	357	25.9	28.4	20.1	16.2	9.4	
Nonmetropolitan Areas	300	26.1	27.7	25.0	12.0	9.2	
Food Stamp Status:							
Participating.....	420	34.0	30.9	20.5	10.6	4.0	
Not Participating....	545	23.4	25.0	21.1	17.6	12.9	

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 14.1.--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986

Children

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:

Table 14.1.--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986--continued

## Children

	:	:	:	:	:	:	:	:
Age, Income Level,	:	:	:	:	:	:	:	:
Race, Region,	:	:	Dietary	Vitamin A	Vitamin A	:	:	:
Urbanization, and	: Cholesterol :	Carbohydrate :	Fiber :	(IU) :	(RE) :	Carotenes :	Vitamin E :	Ascorbic
Food Stamp Program	:	:	:	:	:	:	:	Acid
Status	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	-----Percent-----							
All Children.....	11.0	14.2	14.0	11.7	10.3	15.2	13.0	12.1
Age:								
1-3.....	7.9	11.1	11.3	8.5	7.6	10.2	9.3	8.3
4-5.....	15.2	18.4	17.7	16.2	14.1	22.0	18.0	17.4
Income Level:								
0-75% Poverty.....	8.1	12.1	11.6	9.7	8.4	12.6	10.7	10.1
76-130% Poverty.....	12.9	15.8	16.3	13.0	12.0	15.1	13.8	11.9
Over 130% Poverty....	14.6	16.9	17.6	13.1	11.0	18.4	16.0	15.8
0-100% Poverty.....	9.9	13.6	13.3	11.4	10.1	14.2	11.9	10.9
0-130% Poverty.....	9.9	13.5	13.4	10.9	9.8	13.5	11.9	10.8
Race:								
White.....	11.6	14.6	14.2	12.5	10.8	16.0	13.2	12.8
Black.....	8.7	10.6	10.7	8.1	7.5	10.5	9.6	9.0
Other.....	12.4	19.0	19.1	12.4	11.9	14.6	17.8	12.9
Region:								
Northeast.....	9.6	13.1	12.7	12.0	10.7	14.4	11.6	11.5
Midwest.....	11.7	14.3	13.7	12.1	9.9	16.9	12.9	10.8
South.....	10.9	13.7	14.2	11.1	10.4	13.4	13.9	13.5
West.....	11.6	15.8	15.4	11.9	10.4	16.5	13.0	12.5
Urbanization:								
Central Cities.....	10.9	13.4	13.0	11.2	9.5	15.3	12.1	9.8
Suburban Areas.....	11.0	14.6	14.4	13.1	11.9	15.8	13.9	14.1
Nonmetropolitan Areas	11.0	14.6	14.7	10.5	9.2	14.1	12.8	12.3
Food Stamp Status:								
Participating.....	10.1	13.0	12.3	9.9	8.8	12.7	11.8	10.9
Not Participating....	12.0	15.4	15.9	13.7	12.0	17.9	14.4	13.6

## Children

120

Table 14.1.--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986--continued

## Children

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
<hr/>						
	<hr/> <u>Percent</u> <hr/>					
All Children.....	12.8	11.5	12.8	13.1	13.8	13.5
Age:						
1-3.....	9.6	9.0	9.5	10.0	10.8	9.9
4-5.....	17.1	14.9	17.3	17.4	18.0	18.5
Income Level:						
0-75% Poverty.....	10.5	9.2	10.5	10.6	11.0	11.2
76-130% Poverty.....	14.9	13.2	14.3	15.1	15.7	15.2
Over 130% Poverty....	14.5	14.2	15.6	16.1	16.4	15.6
0-100% Poverty.....	12.1	10.6	11.9	12.4	12.9	12.7
0-130% Poverty.....	12.2	10.7	12.0	12.3	12.8	12.8
Race:						
White.....	13.0	11.7	12.9	13.5	14.3	13.8
Black.....	10.2	9.0	10.2	9.5	10.2	10.6
Other.....	16.3	15.7	17.6	18.1	18.0	16.5
Region:						
Northeast.....	11.2	10.6	10.9	12.4	13.2	11.6
Midwest.....	12.8	10.6	13.0	13.3	13.0	13.5
South.....	13.3	12.6	13.2	12.8	14.1	14.3
West.....	13.5	11.8	13.9	14.1	15.3	14.2
Urbanization:						
Central Cities.....	11.8	10.6	11.8	12.8	13.2	12.6
Suburban Areas.....	13.2	12.4	13.3	13.5	15.1	14.1
Nonmetropolitan Areas	13.2	11.3	13.2	13.0	12.9	13.7
Food Stamp Status:						
Participating.....	11.7	10.3	11.4	11.8	12.6	12.3
Not Participating....	13.9	12.8	14.3	14.6	15.3	14.8

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.



## Women

122

Table 14.2.--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986--continued

## Women

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Cholesterol	Carbohydrate	Dietary Fiber	Vitamin A (IU)	Vitamin A (RE)	Carotenes	Vitamin E	Ascorbic Acid
-----Percent-----								
All Women.....	17.1	19.0	17.3	15.8	14.9	17.6	18.5	15.5
Age:								
19-34.....	18.0	20.9	19.7	17.8	16.6	20.4	20.0	17.8
35-50.....	15.7	16.0	13.4	12.4	12.1	13.2	15.9	11.6
Income Level:								
0-75% Poverty.....	14.3	16.3	15.0	13.3	12.4	15.2	15.9	12.6
76-130% Poverty.....	19.2	22.1	20.7	20.3	19.5	21.5	22.1	19.5
Over 130% Poverty....	19.7	20.2	18.4	13.4	12.3	16.4	18.7	14.9
0-100% Poverty.....	15.0	17.3	16.1	14.9	13.9	16.7	16.6	13.9
0-130% Poverty.....	16.4	18.8	17.5	16.3	15.5	17.9	18.6	15.6
Race:								
White.....	18.5	19.7	17.8	16.4	15.4	18.6	18.8	16.9
Black.....	14.6	19.4	17.9	15.0	14.6	16.0	19.2	13.3
Other.....	15.5	16.6	15.0	15.5	14.6	17.3	17.0	12.6
Region:								
Northeast.....	16.8	17.9	15.0	14.1	14.0	14.6	16.9	13.7
Midwest.....	17.3	18.9	17.1	14.9	13.8	17.9	18.6	15.4
South.....	17.1	20.0	18.8	17.2	16.3	18.9	19.8	15.6
West.....	17.3	18.8	17.4	15.9	14.6	18.1	17.7	16.9
Urbanization:								
Central Cities.....	15.1	18.3	16.8	14.4	13.2	17.2	17.3	14.6
Suburban Areas.....	18.6	19.8	18.1	17.3	16.7	18.5	19.7	15.2
Nonmetropolitan Areas	17.4	18.9	16.8	15.3	14.5	17.1	18.2	16.7
Food Stamp Status:								
Participating.....	13.1	15.9	14.4	13.1	12.1	15.0	15.5	12.8
Not Participating....	20.2	21.5	19.6	17.8	17.0	19.6	20.8	17.5

Table 14.2.--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986--continued

Women

	:	:	:	:	:	:	:	:
Age, Income Level,	:	:	:	:	:	:	:	:
Race, Region,	:	:	:	:	:	:	:	:
Urbanization, and	:	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium
Food Stamp Program	:	:	:	:	:	:	:	Phosphorus
Status	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
-----Percent-----								
All Women.....	16.7	16.3	17.8	16.5	15.7	17.0	16.8	17.7
Age:								
19-34.....	18.4	17.6	19.3	18.1	17.6	18.3	18.3	19.3
35-50.....	14.0	14.0	15.2	13.8	12.8	15.0	14.4	15.2
Income Level:								
0-75% Poverty.....	13.9	13.7	15.7	14.4	13.3	15.0	14.0	15.1
76-130% Poverty.....	20.4	20.0	20.6	19.7	19.2	19.8	20.5	21.2
Over 130% Poverty....	16.8	16.0	18.5	16.7	16.1	16.8	17.0	18.1
0-100% Poverty.....	15.0	14.9	16.3	15.1	14.4	15.9	15.4	16.2
0-130% Poverty.....	16.7	16.4	17.8	16.7	15.8	17.1	16.8	17.8
Race:								
White.....	17.3	16.6	17.9	16.9	16.6	17.3	17.1	18.1
Black.....	16.8	16.9	18.1	16.5	15.4	17.6	18.2	18.5
Other.....	14.5	15.0	18.3	15.7	13.2	17.0	13.6	15.4
Region:								
Northeast.....	16.1	15.9	16.8	15.1	14.5	16.4	16.4	16.8
Midwest.....	16.2	15.5	17.8	16.2	16.5	15.8	15.8	16.9
South.....	17.9	17.2	18.5	17.4	16.8	18.5	17.6	18.7
West.....	15.9	16.0	17.5	16.5	14.5	16.7	17.1	17.8
Urbanization:								
Central Cities.....	15.8	15.1	17.2	15.1	14.6	15.6	15.9	16.7
Suburban Areas.....	17.5	17.2	18.3	17.6	16.7	18.4	17.6	18.6
Nonmetropolitan Areas	16.7	16.4	17.7	16.5	15.8	16.8	16.9	17.6
Food Stamp Status:								
Participating.....	13.4	13.4	14.4	13.2	12.6	14.8	14.0	14.6
Not Participating....	19.2	18.5	20.3	19.0	18.1	18.7	18.9	20.1

Table 14.2.--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1986--continued

## Women

	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
All Women.....	16.7	17.0	18.0	17.6	18.3	17.1
Age:						
19-34.....	18.3	18.6	19.6	19.4	20.1	18.8
35-50.....	14.0	14.3	15.4	14.7	15.3	14.3
Income Level:						
0-75% Poverty.....	14.3	14.9	16.0	15.1	15.9	14.7
76-130% Poverty.....	19.7	19.7	20.8	20.6	21.5	20.2
Over 130% Poverty....	18.0	17.7	18.4	19.1	18.1	18.0
0-100% Poverty.....	15.3	15.7	16.7	16.2	16.7	15.7
0-130% Poverty.....	16.7	16.9	18.1	17.5	18.3	17.1
Race:						
White.....	17.3	17.5	18.4	18.5	18.7	17.7
Black.....	17.0	16.9	18.5	17.2	18.2	17.2
Other.....	13.9	16.3	15.6	15.1	18.1	14.8
Region:						
Northeast.....	15.9	16.7	17.0	16.5	18.0	16.3
Midwest.....	16.8	16.9	17.5	17.8	17.4	16.8
South.....	17.1	17.9	19.0	18.3	18.7	17.1
West.....	16.6	16.1	17.9	17.4	19.0	18.0
Urbanization:						
Central Cities.....	15.6	16.2	17.3	16.7	17.9	16.0
Suburban Areas.....	17.7	17.8	18.7	18.9	19.0	18.2
Nonmetropolitan Areas	16.6	16.8	17.9	17.0	17.8	16.8
Food Stamp Status:						
Participating.....	13.7	13.9	15.1	14.4	15.1	14.1
Not Participating....	19.0	19.4	20.2	20.1	20.7	19.4

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 15.1A.--Characteristics of the Adult Female Respondents: Physiological Status, Employment Status, and Educational Level, Low-Income Households, 1986

Age of Respondents (Years)	: Individuals	Physiological Status		Employment Status			
		Pregnant	Lactating	Full Time	Part Time	Not Employed	Not Reported
		:	:	:	:	:	:
	Number	-----Percent-----					
19-34.....	598	6.3	5.4	19.1	16.8	63.7	0.5
35-50.....	367	.9	.9	17.3	17.2	63.6	1.9
All.....	966	4.3	3.7	18.4	16.9	63.6	1.0
: Educational Level							
: Elementary School: Some High : High School : College : Not Reported							
: or Less : School : Completed : : :							
: : : : : :							
		-----Percent-----					
19-34.....	6.3	24.0	45.7	24.0	0.0		
35-50.....	19.0	22.4	41.2	17.4	.0		
All.....	11.1	23.4	44.0	21.5	.0		

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 15.1B.--Characteristics of the Adult Female Respondents: Physiological Status, Employment Status, and Educational Level, by Food Stamp Program Status, Low-Income Households, 1986

Age of Respondents (Years)	Physiological Status						Employment Status							
	Individuals		Pregnant		Lactating		Full Time		Part Time		Not Employed		Not Reported	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	:	:	:	:	:	:	:	:	:	:	:	:	:	:
-----Number-----														
19-34.....	270	328	6.6	6.1	2.9	7.4	9.6	26.9	10.8	21.7	79.1	50.9	0.5	0.5
35-50.....	150	217	.5	1.2	.7	1.0	8.1	23.7	9.1	22.7	82.0	50.9	.8	2.7
All.....	420	545	4.4	4.2	2.1	4.9	9.0	25.6	10.2	22.1	80.1	50.9	.6	1.4
-----Percent-----														
	Educational Level													
	Elementary School or Less				Some High School		High School Completed		College		Not Reported			
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	:	:	:	:	:	:	:	:	:	:	:	:	:	:
-----Percent-----														
19-34.....	7.5	5.3	32.4	17.2	45.2	46.1	14.9	31.5	0.0	0.0				
35-50.....	23.8	15.7	24.8	20.8	36.6	44.3	14.8	19.1	.0	.0				
All.....	13.4	9.4	29.7	18.6	42.1	45.4	14.9	26.6	.0	.0				

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 15.2A.--Characteristics of the Adult Female Respondents:  
Physiological Status and Race, Low-Income Households, 1986

Physiological Status and Age of Respondents (Years)	Individuals	Race		
		White	Black	Other
	<u>Number</u>	<u>Percent</u>		
Not Pregnant or Lactating:				
19-34.....	528	65.8	24.3	7.2
35-50.....	360	66.2	20.5	8.3
All.....	889	66.0	22.8	7.7
Pregnant:				
19-50.....	41	65.4	10.0	9.1
Lactating:				
19-50.....	35	83.7	10.6	3.7
All Women.....	966	66.6	21.8	7.6

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.



Table 15.2B.--Characteristics of the Adult Female Respondents: Physiological Status and Race,  
by Food Stamp Program Status, Low-Income Households, 1986

Physiological Status and Age of Respondents (Years)	Race									
	Individuals									
	White					Black				
	Other									
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
---Number-------- <u>Percent</u> -----										
Not Pregnant or Lactating:										
19-34.....	245	284	60.1	70.8	31.4	18.2	7.1	7.3		
35-50.....	148	212	56.6	72.8	26.0	16.6	9.2	7.7		
All.....	392	496	58.8	71.6	29.4	17.5	7.9	7.5		
Pregnant:										
19-50.....	18	23	69.0	62.5	15.3	5.7	7.3	10.6		
Lactating:										
19-50.....	9	27	50.2	95.0	34.5	2.6	7.4	2.5		
All Women.....	420	545	59.1	72.4	28.9	16.3	7.8	7.4		

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 15.3A.--Characteristics of the Adult Female Respondents: Physiological Status and Household Income Level as a Percentage of Poverty, Low-Income Households, 1986

Physiological Status and Age of Respondents (Years)	Individuals	Household Income as Percentage of Poverty			
		0 to 75%	76 to 130%	Over 130%	Not Reported
Not Pregnant or Lactating:					
19-34.....	528	42.5	34.3	12.8	10.4
35-50.....	360	46.0	30.4	16.2	7.4
All.....	889	43.9	32.7	14.2	9.2
Pregnant:					
19-50.....	41	43.7	35.5	10.4	10.4
Lactating:					
19-50.....	35	32.4	39.9	19.0	8.7
All Women.....	966	43.5	33.2	14.2	9.2

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 15.3B.--Characteristics of the Adult Female Respondents: Physiological Status and Household Income Level as a Percentage of Poverty, by Food Stamp Program Status, Low-Income Households, 1986

Physiological Status and Age of Respondents (Years)	Household Income as Percentage of Poverty									
	Individuals		0 to 75%		76 to 130%		Over 130%		Not Reported	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	:	:	:	:	:	:	:	:	:	:
-----Number-----Percent-----										
Not Pregnant or Lactating:										
19-34.....	245	284	67.8	20.8	18.3	48.1	2.0	22.1	11.9	9.1
35-50.....	148	212	74.1	26.5	14.8	41.3	3.4	25.1	7.6	7.2
All.....	392	496	70.2	23.2	17.0	45.2	2.5	23.4	10.3	8.3
Pregnant:										
19-50.....	18	23	46.8	41.2	36.8	34.5	.0	18.8	16.5	5.5
Lactating:										
19-50.....	9	27	40.8	29.6	46.6	37.6	.0	25.4	12.5	7.5
All Women.....	420	545	68.4	24.3	18.6	44.4	2.4	23.3	10.6	8.1

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 15.4A.--Characteristics of the Adult Female Respondents: Physiological Status and Number of Children 1 to 18 Years of Age in the Household, Low-Income Households, 1986

Physiological	:	:	Number of Children 1-18 Years					
Status and Age	:	:						
of Respondents	:	:						
(Years)	:	:	0	1	2	3	4	5 or More
	:	:						
			-----Percent-----					
Not Pregnant or	Number							
Lactating:								
19-34.....	528	15.3	20.3	34.8	15.6	9.0	5.1	
35-50.....	360	22.0	21.5	22.2	18.4	11.2	4.7	
All.....	889	18.0	20.8	29.7	16.7	9.9	4.9	
Pregnant:								
19-50.....	41	18.5	32.0	20.9	17.8	4.2	6.7	
Lactating:								
19-50.....	35	11.5	6.6	34.6	23.5	16.0	7.8	
All Women.....	966	17.8	20.7	29.5	17.0	9.9	5.1	

Table 15.4B.--Characteristics of the Adult Female Respondents: Physiological Status and Number of Children 1 to 18 Years of Age in the Household, by Food Stamp Program Status, Low-Income Households, 1986

Physiological Status and Age of Respondents (Years)	Number of Children 1-18 Years													
	Individuals		0		1		2		3		4		5 or More	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	:	:	:	:	:	:	:	:	:	:	:	:	:	:
<div> <div>---Number---</div> <div>-----Percent-----</div> </div>														
Not Pregnant or Lactating:														
19-34.....	245	284	5.6	23.5	17.7	22.4	39.7	30.6	18.7	12.9	11.9	6.5	6.3	4.0
35-50.....	148	212	23.0	21.3	21.6	21.3	18.5	24.7	15.7	20.4	16.3	7.8	4.9	4.5
All.....	392	496	12.2	22.6	19.2	22.0	31.7	28.1	17.6	16.1	13.6	7.1	5.8	4.2
Pregnant:														
19-50.....	18	23	15.2	21.2	35.4	29.2	26.2	16.6	23.2	13.3	.0	7.6	.0	12.1
Lactating:														
19-50.....	9	27	.0	15.4	.0	8.9	69.4	22.8	12.2	27.4	18.5	15.2	.0	10.4
All Women.....	420	545	12.0	22.2	19.5	21.6	32.3	27.4	17.7	16.5	13.0	7.5	5.4	4.8

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 15.5A.--Characteristics of the Adult Female Respondents: Physiological Status and Number of Children 1 to 5 Years of Age in the Household, Low-Income Households, 1986

Physiological Status and Age of Respondents (Years)	Individuals	Number of Children 1-5 Years					
		0	1	2	3	4	5 or More
Not Pregnant or Lactating:	<u>Number</u>	<u>Percent</u>					
19-34.....	528	42.7	35.1	19.0	1.9	1.2	0.0
35-50.....	360	77.6	18.5	2.7	1.0	.1	.0
All.....	889	56.8	28.4	12.4	1.5	.8	.0
Pregnant:							
19-50.....	41	44.5	30.9	18.0	2.8	2.2	1.6
Lactating:							
19-50.....	35	21.6	38.0	34.7	1.9	3.8	.0
All Women.....	966	55.0	28.9	13.5	1.6	1.0	.1

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 15.5B.--Characteristics of the Adult Female Respondents: Physiological Status and Number of Children 1 to 5 Years of Age in the Household, by Food Stamp Program Status, Low-Income Households, 1986

Physiological Status and Age of Respondents: (Years)	Number of Children 1-5 Years													
	Individuals		0		1		2		3		4		5 or More	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
<div> <div>---Number---</div> <div>-----Percent-----</div> </div>														
Not Pregnant or Lactating:														
19-34.....	245	284	33.9	50.2	37.1	33.4	23.4	15.3	3.2	0.8	2.4	0.2	0.0	0.0
35-50.....	148	212	74.6	79.7	19.9	17.5	3.8	2.0	1.4	.7	.3	.0	.0	.0
All.....	392	496	49.2	62.9	30.6	26.6	16.0	9.6	2.5	.8	1.6	.1	.0	.0
Pregnant:														
19-50.....	18	23	53.8	36.9	33.7	28.7	10.0	24.6	2.6	2.9	.0	4.1	.0	2.9
Lactating:														
19-50.....	9	27	34.5	17.3	31.2	40.4	34.3	34.8	.0	2.5	.0	5.0	.0	.0
All Women.....	420	545	49.1	59.6	30.8	27.4	16.1	11.5	2.5	.9	1.5	.5	.0	.1

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.



Table 15.6A.--Characteristics of the Adult Female Respondents: Health Status, Smoking Behavior, and Physical Activity, Low-Income Households, 1986

Age of Respondents (Years)	Individuals	Self-Appraised Health Status					Cigarette Smoking Behavior			
		Excellent	Very	Good	Fair	Poor	Never Smoked	Quit Smoking	Currently Smoking	Mean Number of Cigarettes Smoked per Day
			:							
			:							
19-34.....	598	27.8	33.4	27.6	9.1	2.0	52.7	6.7	40.4	16
35-50.....	367	16.5	23.7	29.5	19.6	10.6	52.2	11.7	35.6	20
All.....	966	23.5	29.7	28.3	13.1	5.2	52.5	8.6	38.6	18
		Usual Level of Physical Activity of Job or Housework					Usual Level of Physical Activity During Leisure Time			
		Heavy/Rigorous	Moderate	Light		None	Heavy/Rigorous	Moderate	Light	
		-----Percent-----					-----Percent-----			
19-34.....	18.4	59.3		21.5		0.3	6.7	48.6		43.5
35-50.....	12.0	55.1		31.6		.7	4.1	44.5		50.2
All.....	16.0	57.7		25.4		.5	5.7	47.0		46.1

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 15.6B.-Characteristics of the Adult Female Respondents: Health Status, Smoking Behavior, and Physical Activity, by Food Stamp Program Status, Low-Income Households, 1986

Age of Respondents (Years)	Self-Appraised Health Status										Cigarette Smoking Behavior									
	Individuals	Excellent	Very Good	Good	Fair	Poor	Never Smoked	Quit Smoking	Currently Smoking	Mean Number of Cigarettes Smoked per Day										
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
19-34.....	270	328	24.4	30.7	26.4	39.2	32.5	23.6	12.8	6.1	3.9	0.4	47.8	56.7	7.7	5.9	44.3	37.2	16	17
35-50.....	150	217	9.6	21.3	13.6	30.6	30.1	29.0	26.6	14.8	19.7	4.2	51.0	52.9	10.1	12.8	37.5	34.3	16	23
All.....	420	545	19.1	26.9	21.8	35.8	31.7	25.8	17.7	9.6	9.5	1.9	49.0	55.2	8.6	8.7	41.8	36.1	16	19
	Usual Level of Physical Activity of Job or Housework										Usual Level of Physical Activity During Leisure Time									
	Heavy/Rigorous	Moderate	Light	None							Heavy/Rigorous	Moderate	Light							
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
19-34.....	20.2	16.9	59.2	59.4	19.1	23.5	0.6	0.1	5.9	7.3	43.6	52.7	48.1	39.8						
35-50.....	8.3	14.5	49.2	59.3	39.7	26.0	1.5	.2	1.8	5.6	41.3	46.7	54.0	47.5						
All.....	16.0	16.0	55.6	59.3	26.5	24.5	.9	.2	4.5	6.6	42.8	50.3	50.2	42.9						

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 15.7A.--Characteristics of Adult Female Respondents: Height and Weight, Low-Income Households, 1986

Age of Respondents (Years)	:	Height			:	Weight		
	:				:			
	:				:			
	:	Individuals	Mean	Standard	:	Individuals	Mean	Standard
	:			Deviation	:			Deviation
:	:	:	:	:	:	:	:	
	<u>Number</u>	<u>-----Inches-----</u>			<u>Number</u>	<u>-----Pounds-----</u>		
19-34.....	598	63.7	2.8		597	146.0	35.7	
35-50.....	367	63.8	2.8		366	160.8	38.3	
All.....	966	63.8	2.8		963	151.6	37.4	

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 15.7B.--Characteristics of Adult Female Respondents: Height and Weight, by Food Stamp Program Status, Low-Income Households, 1986

Age of Respondents (Years)	Height						Weight					
	Individuals		Mean		Standard Deviation		Individuals		Mean		Standard Deviation	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	----	----	-----	-----	-----	-----	----	----	-----	-----	-----	-----
19-34.....	270	328	63.6	63.8	2.7	2.9	270	328	148.5	143.9	36.5	35.0
35-50.....	150	217	63.8	63.8	2.8	2.8	150	217	163.2	159.2	41.9	35.5
All.....	420	545	63.7	63.8	2.7	2.9	420	545	153.7	150.0	39.2	36.0

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 16A.--Characteristics of the Children's Mother/Caretaker: Age, Employment Status, and Educational Level, Low-Income Households, 1986

Age of Children (Years)	Individuals	Age of Mother/ Caretaker (Years)			Employment Status			
		19-22	23-34	35-50	Full Time	Part Time	Not Employed	Not Reported
<u>Number</u>		<u>Percent</u>						
1-3.....	316	15.8	70.4	13.8	10.4	12.4	76.5	0.7
4-5.....	225	9.0	77.0	13.9	15.5	11.2	72.8	.5
All....	541	13.0	73.2	13.8	12.5	11.9	74.9	.6
		Educational Level						
Elementary School or Less		Some High School	High School Completed	College	Not Reported			
		<u>Percent</u>						
1-3.....	7.2	28.9	45.5	18.3	0.0			
4-5.....	8.0	27.9	44.7	19.4	.0			
All....	7.6	28.5	45.2	18.8	.0			

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 16B.--Characteristics of the Children's Mother/Caretaker: Age, Employment Status, and Educational Level, by Food Stamp Program Status, Low-Income Households, 1986

Age of Children (Years)	Age of Mother/Caretaker (Years)								Employment Status							
	Individuals															
	19-22		23-34		35-50		Full Time		Part Time		Not Employed		Not Reported			
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
1-3.....	167	149	18.8	12.5	68.6	72.5	12.6	15.1	3.1	18.5	9.3	16.0	86.5	65.2	1.1	0.3
4-5.....	116	109	12.5	5.3	76.1	78.1	11.4	16.6	4.4	27.3	9.4	13.1	85.2	59.6	1.0	.0
All.....	283	258	16.3	9.4	71.6	74.8	12.1	15.7	3.7	22.2	9.3	14.8	85.9	62.9	1.1	.1
-----Number-----																
-----Percent-----																
	Educational Level															
	Elementary School or Less				Some High School				High School Completed				College		Not Reported	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
1-3.....	5.7	9.0	39.8	16.6	43.5	47.8	11.0	26.6	0.0	0.0						
4-5.....	4.7	11.6	38.2	17.0	43.7	45.7	13.5	25.7	.0	.0						
All.....	5.3	10.1	39.1	16.8	43.6	46.9	12.0	26.2	.0	.0						
-----Percent-----																

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 17.1A.--Distribution of Individuals by Characteristics of the Male Head of Household: Age and Employment Status, Low-Income Households, 1986

Age of	:	:	Age of Male Head (Years)			
Individuals :	:	:				
(Years)	:	:	:	:	:	:
:	:	:	Under 23	23-34	35-50	51 and Over
:	:	:	:	:	:	No Male Head
:	:	:	:	:	:	:
<u>Number</u>		<u>Percent</u>				
Children:						
1-3.....	316	1.6	48.3	12.6	1.3	35.9
4-5.....	225	2.7	39.9	16.9	1.2	38.6
All.....	541	2.1	44.8	14.4	1.2	37.1
Women:						
19-34.....	598	1.7	38.4	12.8	5.2	41.0
35-50.....	367	.9	4.5	34.9	13.3	46.1
All.....	966	1.4	25.5	21.2	8.3	43.0
:						
:	Employment Status of Male Head					
:						
:	:	:	:	:	:	:
:	Full Time	Part Time	Not Employed	Not Reported	No Male Head	
:	:	:	:	:	:	
		<u>Percent</u>				
Children:						
1-3.....	36.5	7.0	19.2	1.4	35.9	
4-5.....	36.5	6.7	17.6	.5	38.6	
All.....	36.5	6.9	18.5	1.0	37.1	
Women:						
19-34.....	33.1	7.4	18.0	.5	41.0	
35-50.....	26.9	4.7	20.7	1.6	46.1	
All.....	30.8	6.4	19.0	.9	43.0	

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.



Table 17.1B.--Distribution of Individuals by Characteristics of the Male Head of Household: Age and Employment Status, by Food Stamp Program Status, Low-Income Households, 1986

Age of Individuals (Years)	Age of Male Head (Years)											
	Individuals											
	Under 23				23-34		35-50		51 and Over		No Male Head	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

-----Number-----Percent-----

Children:

1-3.....	167	149	1.5	1.7	33.3	65.1	8.5	17.1	1.6	0.9	54.4	15.1
4-5.....	116	109	3.6	1.7	28.1	52.5	8.4	26.1	.0	2.4	59.9	16.1
All.....	283	258	2.4	1.7	31.2	59.8	8.4	20.9	1.0	1.6	56.7	15.5

Women:

19-34.....	270	328	2.4	1.1	25.0	49.4	7.7	16.9	1.9	7.8	62.9	23.0
35-50.....	150	217	.0	1.5	5.3	4.0	21.7	44.0	4.6	19.3	67.7	31.2
All.....	420	545	1.5	1.3	18.0	31.3	12.7	27.7	2.9	12.4	64.6	26.3

	Employment Status of Male Head											
	Individuals											
	Full Time				Part Time		Not Employed		Not Reported		No Male Head	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

-----Percent-----

Children:

1-3.....	18.5	56.7	4.2	10.2	20.8	17.3	0.0	0.7	54.4	15.1
4-5.....	12.3	62.2	5.9	7.6	20.9	14.1	1.0	.0	59.9	16.1
All.....	16.0	59.0	4.9	9.1	20.9	15.9	1.6	.4	56.7	15.5

Women:

19-34.....	15.7	47.4	3.6	10.5	17.3	18.6	.4	.5	62.9	23.0
35-50.....	10.0	38.6	2.0	6.5	18.7	22.0	1.7	1.5	67.7	31.2
All.....	13.7	43.9	3.1	8.9	17.8	19.9	.9	.9	64.6	26.3

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 17.2A.--Distribution of Individuals by Characteristics of the Male Head of Household: Educational Level, Low-Income Households, 1986

Age of Individuals (Years)	:	:	Educational Level of Male Head					
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
Individuals	:	Elementary	Some High	High School	:	Not	:	No Male
(Years)	:	School	School	Completed	:	Reported	:	Head
:	:	or Less	:	:	:	:	:	:
:	:	:	:	:	:	:	:	:
:	:	:	:	:	:	:	:	:
<u>Number</u>		<u>Percent</u>						
Children:								
1-3.....	316	6.8	12.8	27.0	16.8	0.6	35.9	
4-5.....	225	5.8	12.7	29.0	13.9	.0	38.6	
All.....	541	6.4	12.7	27.8	15.6	.4	37.1	
Women:								
19-34.....	598	7.8	12.9	22.8	15.2	.4	41.0	
35-50.....	367	14.3	10.5	19.2	8.7	1.2	46.1	
All.....	966	10.3	12.0	21.4	12.7	.7	43.0	

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 17.2B.--Distribution of Individuals by Characteristics of the Male Head of Household: Educational Level, by Food Stamp Program Status, Low-Income Households, 1986

Age of Individuals (Years)	Educational Level of Male Head													
	Individuals		Elementary		Some High		High School		College		Not		No Male	
			School		School		Completed				Reported		Head	
			or Less											
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

---Number-----Percent-----

Children:

1-3.....	167	149	5.2	8.6	10.8	15.1	20.7	34.2	8.2	26.5	0.7	0.6	54.4	15.1
4-5.....	116	109	2.3	9.6	13.7	11.5	16.6	42.1	7.5	20.7	.0	.0	59.9	16.1
All.....	283	258	4.0	9.0	12.0	13.6	19.0	37.5	7.9	24.1	.4	.3	56.7	15.5

Women:

19-34.....	270	328	4.9	10.3	12.8	12.9	13.1	30.8	6.1	22.6	.3	.5	62.9	23.0
35-50.....	150	217	10.4	16.9	6.1	13.6	7.2	27.5	5.6	10.8	2.9	.0	67.7	31.2
All.....	420	545	6.8	12.9	10.4	13.2	11.0	29.5	6.0	17.9	1.2	.3	64.6	26.3

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 18.1A.--Distribution of Individuals by Urbanization and by Region, Low-Income Households, 1986

Age of Individuals (Years)	Individuals	Urbanization		
		Central Cities	Suburban Areas	Nonmetropolitan Areas

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 18.1B.--Distribution of Individuals by Urbanization and by Region, by Food Stamp Program Status, Low-Income Households, 1986

Age of Individuals (Years)	Urbanization							
	Individuals							
			Central Cities		Suburban Areas		Nonmetropolitan Areas	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

---Number---      -----Percent-----

Children:								
1-3.....	167	149	47.4	25.8	28.9	48.8	23.7	25.5
4-5.....	116	109	34.8	21.9	33.3	46.4	31.9	31.7
All.....	283	258	42.3	24.1	30.7	47.8	27.1	28.1
Women:								
19-34.....	270	328	38.8	29.4	30.8	39.6	30.4	30.9
35-50.....	150	217	34.8	25.4	31.6	44.1	33.6	30.5
All.....	420	545	37.4	27.8	31.1	41.4	31.6	30.7

	Region							
	Northeast		Midwest		South		West	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

-----Percent-----

Children:								
1-3.....	23.3	18.9	25.7	28.7	29.5	33.4	21.4	18.9
4-5.....	21.4	21.5	30.8	26.6	30.9	32.6	17.0	19.4
All.....	22.5	20.0	27.8	27.8	30.1	33.1	19.6	19.1
Women:								
19-34.....	22.0	17.3	28.8	29.0	30.6	32.7	18.6	20.9
35-50.....	19.8	17.0	17.6	18.5	31.6	39.3	31.1	25.2
All.....	21.2	17.2	24.8	24.8	30.9	35.3	23.1	22.6

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 18.2A.--Distribution of Individuals by Urbanization and Race, Low-Income Households, 1986

Age of Individuals (Years)	All Urbanizations				Central Cities			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent	Percent	Percent	Number	Percent	Percent	Percent
Children:								
1-3.....	316	67.6	22.3	7.1	118	53.2	40.6	2.4
4-5.....	225	72.8	16.8	7.2	64	52.3	33.5	5.9
All.....	541	69.8	20.0	7.1	182	52.8	38.1	3.6
Women:								
19-34.....	598	66.8	22.8	6.9	201	52.0	39.7	3.1
35-50.....	367	66.4	20.1	8.6	107	51.5	38.2	2.5
All.....	966	66.6	21.8	7.6	309	51.9	39.2	2.9
	Suburban Areas				Nonmetropolitan Areas			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent	Percent	Percent	Number	Percent	Percent	Percent
Children:								
1-3.....	121	81.1	9.3	5.5	78	68.5	14.9	16.6
4-5.....	89	84.3	6.4	7.3	72	77.0	14.8	8.2
All.....	210	82.5	8.1	6.2	149	72.6	14.8	12.6
Women:								
19-34.....	213	75.5	13.8	8.1	184	72.7	14.8	9.8
35-50.....	143	74.6	10.7	9.0	117	70.0	14.9	13.8
All.....	357	75.2	12.6	8.5	300	71.7	14.8	11.4

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 18.2B.--Distribution of Individuals by Urbanization and Race, by Food Stamp Program Status, Low-Income Households, 1986

Age of Individuals (Years)	All Urbanizations								Central Cities							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
<div> <div>---Number---</div> <div>-----Percent-----</div> </div>																
Children:																
1-3.....	167	149	61.7	74.3	30.5	13.2	5.5	8.9	79	38	49.5	60.7	48.4	24.5	0.0	7.4
4-5.....	116	109	74.9	70.6	18.4	15.1	4.2	10.3	40	24	59.5	40.1	30.6	38.3	2.9	11.1
All.....	283	258	67.1	72.8	25.5	14.0	5.0	9.5	120	62	52.9	52.8	42.4	29.8	1.0	8.8
Women:																
19-34.....	270	328	60.1	72.2	30.6	16.4	7.2	6.7	105	97	43.5	61.3	50.1	28.5	3.0	3.1
35-50.....	150	217	57.3	72.7	25.6	16.2	9.0	8.3	52	55	54.3	48.9	35.8	40.4	.0	4.9
All.....	420	545	59.1	72.4	28.9	16.3	7.8	7.4	157	152	47.1	56.8	45.3	32.8	2.0	3.8
	Suburban Areas								Nonmetropolitan Areas							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
<div> <div>---Number---</div> <div>-----Percent-----</div> </div>																
Children:																
1-3.....	48	72	75.2	85.1	15.1	5.5	4.8	6.0	40	38	69.4	67.5	13.3	16.6	17.3	15.9
4-5.....	39	51	86.3	82.7	5.9	6.7	7.8	6.9	37	35	80.0	73.8	18.1	11.3	1.9	14.9
All.....	87	123	80.1	84.1	11.0	6.0	6.1	6.3	77	72	74.5	70.5	15.6	14.0	9.9	15.4
Women:																
19-34.....	83	130	70.2	79.0	18.1	11.0	10.2	6.7	82	101	71.2	74.0	18.6	11.8	9.3	10.2
35-50.....	47	96	55.1	84.2	22.3	5.1	11.4	7.8	50	66	62.6	75.7	18.3	12.3	16.2	12.0
All.....	131	226	64.7	81.2	19.6	8.5	10.7	7.2	133	168	67.9	74.7	18.5	12.0	11.9	10.9

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.



Table 18.3A.--Distribution of Individuals by Region and Race, Low-Income Households, 1986

Age of Individuals (Years)	Northeast				Midwest			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent	Percent	Percent	Number	Percent	Percent	Percent
Children:								
1-3.....	67	80.4	11.6	4.2	86	80.1	17.6	0.0
4-5.....	48	82.3	3.9	5.5	65	85.6	10.8	3.6
All.....	115	81.2	8.4	4.7	151	82.4	14.7	1.5
Women:								
19-34.....	116	79.7	11.5	2.4	173	77.0	17.4	4.5
35-50.....	67	64.9	23.1	2.5	67	78.1	15.3	3.7
All.....	183	74.3	15.7	2.5	240	77.3	16.8	4.3
	South				West			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent	Percent	Percent	Number	Percent	Percent	Percent
Children:								
1-3.....	99	53.6	42.8	3.7	64	59.3	8.2	24.8
4-5.....	71	58.3	35.6	2.8	41	66.8	8.6	22.5
All.....	170	55.5	39.8	3.3	105	62.2	8.4	23.9
Women:								
19-34.....	190	52.6	41.7	2.8	119	61.9	11.7	21.3
35-50.....	133	60.4	33.4	2.9	101	67.5	3.8	23.4
All.....	323	55.8	38.3	2.8	220	64.5	8.1	22.3

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 18.3B.--Distribution of Individuals by Region and Race, by Food Stamp Program Status, Low-Income Households, 1986

Age of Individuals (Years)	Northeast								Midwest							
	Individuals				White				Black				Other			
	FSP				NFSP				FSP				NFSP			
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Children:																
1-3.....	39	28	79.1	82.3	16.8	4.5	0.0	10.0	43	43	75.0	85.2	25.0	10.2	0.0	0.0
4-5.....	25	23	87.2	77.1	7.6	.0	.0	11.2	36	29	91.4	78.4	8.6	13.6	.0	8.0
All.....	64	52	82.2	79.9	13.2	2.4	.0	10.6	79	72	82.4	82.4	17.6	11.6	.0	3.2
Women:																
19-34.....	59	57	84.8	74.5	9.3	13.8	.0	5.0	78	95	69.8	82.8	26.1	10.2	4.1	4.9
35-50.....	30	37	58.4	70.1	29.6	17.9	.0	4.6	26	40	62.4	88.4	25.5	8.6	4.8	3.0
All.....	89	94	76.0	72.8	16.0	15.4	.0	4.8	104	135	67.9	84.5	26.0	9.7	4.3	4.3
	South								West							
	Individuals				White				Black				Other			
	FSP				NFSP				FSP				NFSP			
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Children:																
1-3.....	49	50	37.0	70.0	61.4	24.2	1.6	5.7	36	28	60.7	57.6	9.2	7.0	23.4	26.6
4-5.....	36	36	56.3	60.3	39.3	31.8	.0	5.7	20	21	63.3	69.9	11.8	5.7	24.9	20.3
All.....	85	85	45.1	66.0	52.2	27.4	.9	5.7	56	49	61.6	62.9	10.1	6.4	23.9	23.9
Women:																
19-34.....	83	107	39.3	62.8	59.5	28.0	.6	4.6	50	69	50.3	70.3	15.5	8.9	31.3	14.0
35-50.....	47	85	46.5	68.1	46.1	26.4	1.6	3.5	47	55	64.7	69.9	2.4	4.9	24.7	22.3
All.....	130	193	42.0	65.2	54.6	27.3	1.0	4.1	97	123	57.2	70.2	9.2	7.2	28.1	17.7

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 18.4A.--Distribution of Individuals by Household Income as a Percentage of Poverty and Race, Low-Income Households, 1986

Age of Individuals (Years)	0 to 75%				76 to 130%			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent			Number	Percent		
Children:								
1-3.....	143	59.1	27.4	8.7	94	66.9	22.9	7.5
4-5.....	106	67.6	19.2	8.7	57	70.5	17.7	7.7
All.....	248	62.7	23.9	8.7	151	68.3	20.9	7.6
Women:								
19-34.....	253	55.8	29.5	10.7	207	68.1	22.1	5.1
35-50.....	167	53.1	27.0	12.8	113	74.2	16.5	6.1
All.....	420	54.7	28.5	11.5	320	70.3	20.1	5.5
	Over 130%				Not Reported			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent			Number	Percent		
Children:								
1-3.....	37	86.7	5.3	8.0	42	80.9	19.1	0.0
4-5.....	32	84.0	8.0	8.1	30	84.0	16.0	.0
All.....	69	85.5	6.5	8.0	72	82.2	17.8	.0
Women:								
19-34.....	76	87.9	8.5	3.5	61	81.3	15.5	1.8
35-50.....	61	87.7	10.1	2.2	28	67.7	14.6	7.6
All.....	137	87.8	9.2	2.9	89	77.0	15.2	3.6

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 18.4B.--Distribution of Individuals by Household Income as a Percentage of Poverty and Race, by Food Stamp Program Status, Low-Income Households, 1986

Age of Individuals (Years)	0 to 75%								76 to 130%							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
Children:	Percent								Percent							
1-3.....	111	31	59.8	56.8	29.9	18.7	7.5	12.7	31	63	55.5	72.5	38.9	15.1	2.5	9.8
4-5.....	82	24	74.4	43.7	19.4	18.2	4.5	22.9	13	45	64.0	72.4	23.9	15.9	.0	10.0
All.....	193	55	66.0	51.2	25.5	18.5	6.3	17.1	44	108	58.0	72.4	34.5	15.4	1.8	9.9
Women:	Percent								Percent							
19-34.....	177	76	55.8	55.7	32.6	22.3	9.8	12.6	56	152	62.9	70.1	31.6	18.6	1.4	6.5
35-50.....	110	56	54.4	50.8	26.6	27.8	10.4	17.5	22	90	75.9	73.7	17.5	16.2	3.5	6.8
All.....	288	132	55.2	53.6	30.3	24.7	10.1	14.7	78	242	66.7	71.4	27.5	17.7	2.0	6.6
	Over 130%								Not Reported							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
Children:	Percent								Percent							
1-3.....	2	36	100.0	86.1	0.0	5.5	0.0	8.4	24	19	75.6	87.8	24.4	12.2	0.0	0.0
4-5.....	2	30	32.8	86.9	.0	8.4	67.2	4.7	19	11	88.2	76.2	11.8	23.8	.0	.0
All.....	3	66	66.4	86.5	.0	6.9	33.6	6.7	43	29	81.2	83.6	18.8	16.4	.0	.0
Women:	Percent								Percent							
19-34.....	5	71	76.0	88.8	.0	9.1	24.0	2.1	32	29	76.9	86.1	23.1	7.1	.0	3.9
35-50.....	5	56	53.9	90.8	46.1	6.9	.0	2.4	12	15	51.3	81.0	22.9	7.9	10.2	5.4
All.....	10	127	64.8	89.6	23.5	8.1	11.8	2.2	44	44	69.7	84.4	23.1	7.4	2.9	4.4

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 18.5A.--Distribution of Individuals by Household Size and Race, Low-Income Households, 1986

Age of Individuals (Years)	Number of Household Members							
	1				2			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent	Percent	Percent	Number	Percent	Percent	Percent
Children:								
1-3.....	0	0.0	0.0	0.0	9	44.3	30.3	15.4
4-5.....	0	.0	.0	.0	10	76.9	11.2	11.9
All.....	0	.0	.0	.0	19	61.0	20.5	13.6
Women:								
19-34.....	15	81.1	18.9	.0	81	69.1	18.6	8.5
35-50.....	31	75.4	24.6	.0	64	73.6	21.6	2.6
All.....	45	77.2	22.8	.0	145	71.1	19.9	5.9
	Number of Household Members							
	3				4			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent	Percent	Percent	Number	Percent	Percent	Percent
Children:								
1-3.....	54	69.7	20.7	4.4	111	70.0	24.2	5.0
4-5.....	33	80.1	14.8	2.1	78	75.6	13.7	6.7
All.....	87	73.7	18.4	3.5	188	72.3	19.9	5.7
Women:								
19-34.....	128	62.0	24.1	10.6	173	69.7	22.4	3.8
35-50.....	66	76.0	17.3	4.8	75	68.9	18.9	6.3
All.....	194	66.8	21.8	8.6	249	69.5	21.3	4.6

Table 18.5A.--Distribution of Individuals by Household Size and Race, Low-Income Households, 1986--continued

Age of Individuals (Years)	Number of Household Members							
	5				More Than 5			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent	Percent	Percent	Number	Percent	Percent	Percent
Children:								
1-3.....	64	71.9	17.7	8.0	78	62.1	23.7	10.1
4-5.....	43	75.6	12.1	8.7	61	62.7	26.0	8.8
All.....	107	73.4	15.5	8.3	139	62.4	24.7	9.5
Women:								
19-34.....	97	68.2	23.0	6.2	105	62.4	25.6	8.0
35-50.....	58	57.4	21.4	13.7	74	52.2	19.5	19.3
All.....	154	64.2	22.4	9.0	179	58.2	23.1	12.7

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 18.5B.--Distribution of Individuals by Household Size and Race, by Food Stamp Program Status, Low-Income Households, 1986

Age of Individuals (Years)	Number of Household Members															
	1								2							
	Individuals				White				Black				Other			
	FSP		NFSP		FSP		NFSP		FSP		NFSP		FSP		NFSP	
-----Number-----Percent-----Number-----Percent-----																
Children:																
1-3.....	0	0	0.0	0.0	0.0	0.0	0.0	0.0	6	3	26.1	82.5	36.4	17.5	22.8	0.0
4-5.....	0	0	.0	.0	.0	.0	.0	.0	6	4	64.1	100.0	17.4	.0	18.5	.0
All.....	0	0	.0	.0	.0	.0	.0	.0	13	7	45.0	91.9	26.9	8.1	20.6	.0
Women:																
19-34.....	4	11	67.5	85.7	32.5	14.3	.0	.0	34	47	53.5	80.4	29.9	10.6	9.9	7.5
35-50.....	21	10	76.6	72.7	23.4	27.3	.0	.0	27	38	67.1	78.2	30.4	15.2	2.5	2.7
All.....	25	21	75.2	79.6	24.8	20.4	.0	.0	61	85	59.5	79.4	30.1	12.6	6.6	5.3
-----Number-----Percent-----Number-----Percent-----																
	Number of Household Members															
	3								4							
	Individuals				White				Black				Other			
	FSP		NFSP		FSP		NFSP		FSP		NFSP		FSP		NFSP	
-----Number-----Percent-----Number-----Percent-----																
Children:																
1-3.....	33	21	68.1	72.2	29.3	7.2	0.0	11.2	59	52	62.5	78.5	32.5	14.8	5.0	5.1
4-5.....	24	9	79.7	81.2	17.4	7.9	2.9	.0	39	38	82.5	68.5	10.5	17.0	5.5	7.9
All.....	57	30	73.0	74.9	24.3	7.4	1.2	7.8	98	90	70.5	74.2	23.7	15.7	5.2	6.3
Women:																
19-34.....	68	59	61.1	63.2	28.0	19.7	10.3	11.0	75	98	65.9	72.7	30.0	16.6	2.6	4.7
35-50.....	24	43	72.2	78.1	19.8	16.0	2.8	5.9	25	50	47.6	79.8	24.5	16.1	10.7	4.1
All.....	92	102	63.9	69.4	25.9	18.2	8.4	8.9	100	148	61.2	75.1	28.6	16.4	4.7	4.5



Table 18.5B.--Distribution of Individuals by Household Size and Race, by Food Stamp Program Status, Low-Income Households, 1986  
--continued

Age of Individuals (Years)	Number of Household Members																
	5								More Than 5								
	Individuals		White		Black		Other		Individuals		White		Black		Other		
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	
	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	
	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	
	---Number---		-----Percent-----								---Number---		-----Percent-----				
Children:																	
1-3.....	32	33	64.2	79.4	23.8	11.8	9.8	6.2	38	40	58.5	65.5	32.8	15.1	4.5	15.3	
4-5.....	21	22	78.9	72.5	17.8	6.7	.0	16.9	25	36	57.9	66.0	32.5	21.4	3.4	12.6	
All.....	52	55	70.1	76.6	21.4	9.7	5.9	10.5	63	76	58.3	65.7	32.7	18.1	4.1	14.0	
Women:																	
19-34.....	43	53	65.0	70.8	25.9	20.7	7.0	5.6	46	59	49.2	72.8	40.6	13.8	8.7	7.5	
35-50.....	26	32	42.7	69.4	25.0	18.5	18.9	9.4	28	46	43.4	57.6	29.3	13.5	16.7	20.9	
All.....	69	85	56.7	70.3	25.5	19.9	11.4	7.0	74	105	47.0	66.1	36.3	13.7	11.7	13.4	

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 19A.--Household Size and Household Income as a Percentage of Poverty, Low-Income Households, 1986

Number of Household Members	Households	Mean Income	Median Income	Household Income as Percentage of Poverty			
				0 to 75%	76 to 130%	Over 130%	Not Reported
	Number	Dollars		Percent			
1.....	45	3,919	2,700	62.9	13.1	9.2	14.9
2.....	142	5,955	5,600	39.7	31.1	12.3	16.9
3.....	186	8,311	7,500	38.8	32.0	14.7	14.5
4.....	241	10,347	8,700	38.8	28.7	13.6	18.9
5.....	144	11,167	9,600	43.0	29.1	11.1	16.7
More Than 5.....	145	13,321	13,000	40.5	36.2	10.6	12.8
All Households..	903	9,533	8,160	41.1	30.2	12.5	16.1

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 19B.--Household Size and Household Income as a Percentage of Poverty, by Food Stamp Program Status, Low-Income Households, 1986

Number of Household Members	Households		Mean Income		Median Income		Household Income as Percentage of Poverty							
							0 to 75%		76 to 130%		Over 130%		Not Reported	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	:	:	:	:	:	:	:	:	:	:	:	:	:	:
-----Number-----		-----Dollars-----					-----Percent-----							
1.....	25	21	2,889	5,441	2,700	5,000	88.4	32.8	5.3	22.3	0.0	20.0	6.4	25.0
2.....	59	83	4,587	6,950	4,200	7,500	51.4	31.3	30.4	31.6	2.0	19.8	16.3	17.3
3.....	90	96	5,895	10,527	5,856	10,000	57.1	21.6	23.0	40.4	4.3	24.6	15.6	13.5
4.....	96	145	6,542	12,825	6,000	12,000	65.8	20.9	13.1	39.1	1.5	21.7	19.6	18.4
5.....	65	78	6,887	14,640	7,800	13,500	71.7	19.1	9.3	45.7	.9	19.7	18.1	15.5
More Than 5.....	61	84	9,969	15,628	8,880	14,400	61.3	25.3	18.0	49.4	4.8	14.8	15.8	10.5
All Households..	397	506	6,434	11,939	6,000	11,000	63.4	23.6	17.6	40.1	2.5	20.4	16.6	15.8

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 20.1A.--Household Composition and Race, Low-Income Households, 1986

Household Composition	Households	Race		
		White	Black	Other
<u>Number</u>		<u>Percent</u>		
Male Head and Female Head:				
Children.....	445	74.2	11.8	14.0
No Children.....	73	79.9	10.5	9.6
Female Head Only:				
Children.....	319	56.3	34.2	9.5
No Children.....	65	69.3	29.5	1.2
All Households.....	903	68.0	20.9	11.1

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 20.1B.--Household Composition and Race, by Food Stamp Program Status, Low-Income Households, 1986

Household Composition	Households		Race					
			White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	:	:	:	:	:	:	:	:
---Number---			-----Percent-----					

Male Head and Female Head:

Children.....	135	310	70.9	75.6	13.0	11.2	16.1	13.2
No Children.....	7	66	59.3	82.2	13.7	10.1	27.0	7.7

Female Head Only:

Children.....	219	101	51.5	66.8	38.5	24.7	10.0	8.5
No Children.....	35	30	71.7	66.5	28.3	31.0	.0	2.5

All Households.....	397	506	60.1	74.2	28.4	14.9	11.5	10.9
---------------------	-----	-----	------	------	------	------	------	------

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 20.2A.--Household Composition and Number of Children 1 to 18 Years of Age in the Household, Low-Income Households, 1986

Household Composition	Households	Number of Children 1 to 18 Years					
		0	1	2	3	4	5 or More
	<u>Number</u>	<u>Percent</u>					
Male Head and Female Head...	518	17.2	19.0	29.3	19.1	9.6	5.8
Female Head Only.....	385	18.7	23.7	31.4	13.5	9.8	2.9
All Households.....	903	17.9	21.0	30.2	16.7	9.7	4.6

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 20.2B.--Household Composition and Number of Children 1 to 18 Years of Age in the Household, by Food Stamp Program Status, Low-Income Households, 1986

Household Composition	Households		Number of Children 1 to 18 Years											
			0	1	2	3	4	5 or More						
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	<u>Number</u>		<u>Percent</u>											
Male Head and Female Head...	143	375	7.0	21.1	15.1	20.5	34.5	27.3	23.9	17.3	12.0	8.7	7.6	5.1
Female Head Only.....	254	131	15.5	25.0	21.9	27.1	32.7	28.8	13.6	13.2	12.8	4.0	3.5	1.9
All Households.....	397	506	12.4	22.1	19.4	22.2	33.4	27.7	17.3	16.2	12.5	7.5	4.9	4.3

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 20.3A.--Household Composition and Number of Children 1 to 5 Years of Age in the Household, Low-Income Households, 1986

Household Composition	Households	Number of Children 1 to 5 Years					
		0	1	2	3	4	5 or More
	Number	Percent					
Male Head and Female Head...	518	52.9	28.2	16.0	1.9	0.9	0.1
Female Head Only.....	385	58.1	29.2	10.7	1.4	.6	.0
All Households.....	903	55.1	28.6	13.8	1.6	.8	.1

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 20.3B.--Household Composition and Number of Children 1 to 5 Years of Age in the Household, by Food Stamp Program Status, Low-Income Households, 1986

Household Composition	Households	Number of Children 1 to 5 Years											
		0	1	2	3	4	5 or More						
		FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
		Number						Percent					
Male Head and Female Head...	143 375	42.3	56.9	31.5	27.0	21.3	14.0	3.6	1.2	1.2	0.8	0.0	0.2
Female Head Only.....	254 131	53.0	68.0	30.8	26.0	13.4	5.5	1.8	.5	1.0	.0	.0	.0
All Households.....	397 506	49.1	59.8	31.1	26.7	16.3	11.8	2.4	1.0	1.1	.6	.0	.1

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 20.4A.--Household Composition and Household Income as a Percentage of Poverty, Low-Income Households, 1986

Household Composition	:	:	Household Income as Percentage of Poverty			
	:	:				
	:	Households				
	:	:	:	:	:	:
:	:	:	0 to 75%	76 to 130%	Over 130%	Not Reported
:	:	:	:	:	:	:
<hr/>						
	<u>Number</u>	<u>Percent</u>				
<hr/>						
Male Head and Female Head:						
Children.....	445	31.1	36.7	16.3	15.9	
No Children.....	73	31.4	40.4	16.3	12.0	
Female Head Only:						
Children.....	319	54.2	20.6	7.1	18.1	
No Children.....	65	55.5	21.9	9.2	13.4	
All Households.....	903	41.1	30.2	12.5	16.1	

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.



Table 20.4B.--Household Composition and Household Income as a Percentage of Poverty, by Food Stamp Program Status, Low-Income Households, 1986

Household Composition	Household Income as Percentage of Poverty									
	Households									
			0 to 75%		76 to 130%		Over 130%		Not Reported	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

Male Head and Female Head:

Children.....	135	310	58.3	19.2	23.0	42.7	4.2	21.6	14.5	16.4
No Children.....	7	66	59.7	28.1	15.2	43.3	18.8	16.0	6.3	12.6

Female Head Only:

Children.....	219	101	65.1	30.7	14.4	34.1	1.3	19.6	19.2	15.6
No Children.....	35	30	72.9	35.4	17.0	27.5	.0	19.9	10.1	17.2

All Households.....	397	506	63.4	23.6	17.6	40.1	2.5	20.4	16.6	15.8
---------------------	-----	-----	------	------	------	------	-----	------	------	------

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 21A.--Characteristics of the Household's Male Head and Household Income as a Percentage of Poverty,  
Low-Income Households, 1986

Characteristics of Male Head	:	:	Household Income as Percentage of Poverty			
	:	:	:	:	:	:
	Households	:	:	:	:	:
	:	:	0 to 75%	76 to 130%	Over 130%	Not Reported
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:	:	:	:
	:	:	:			

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 21B.--Characteristics of the Household's Male Head and Household Income as a Percentage of Poverty,  
by Food Stamp Program Status, Low-Income Households, 1986

Characteristics of Male Head	Household Income as Percentage of Poverty									
	Households									
			0 to 75%		76 to 130%		Over 130%		Not Reported	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Number-----Percent-----										
Age (Years):										
Under 23.....	6	5	71.3	29.8	28.7	52.3	0.0	17.9	0.0	0.0
23-34.....	74	169	57.6	20.4	29.3	40.5	3.7	21.6	9.4	17.5
35-50.....	50	137	59.7	17.7	11.9	43.7	8.6	23.4	19.8	15.2
51 and Over.....	11	61	56.5	28.7	24.3	45.3	.0	13.3	19.2	12.7
Not Reported.....	1	4	.0	11.8	.0	56.5	.0	.0	100.0	31.7
Employment Status:										
Full Time.....	56	227	43.1	15.6	41.8	45.5	3.6	20.9	11.5	18.0
Part Time.....	12	45	51.3	21.1	26.9	36.8	11.5	18.7	10.4	23.4
Not Employed.....	71	98	71.1	32.8	7.8	39.2	5.2	20.6	16.0	7.4
Not Reported.....	4	5	69.7	19.8	.0	44.2	.0	25.5	30.3	10.5
Education Level:										
Elementary School or Less...	24	61	63.9	37.9	6.0	42.0	5.7	6.4	24.4	13.6
Some High School.....	44	67	45.9	22.8	33.6	45.1	3.1	11.7	17.4	20.4
High School Completed.....	46	154	71.0	15.7	19.8	42.3	3.0	30.3	6.2	11.7
College.....	24	92	59.8	16.9	21.7	41.5	12.1	20.6	6.4	21.0
Not Reported.....	5	2	19.4	.0	33.4	100.0	.0	.0	47.2	.0
No Male Head.....	254	131	66.1	31.8	14.8	32.6	1.1	19.7	18.0	15.9

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

## Table Notes

### General Notes

- (1) The numbers of individuals and the results presented in the tables are weighted. See appendix A for an explanation of weighting procedures.
- (2) FSP and NFSP designate participants and non-participants, respectively, in the Food Stamp Program.
- (3) The numbers of individuals in the specified age, income, region, and Food Stamp status groups may not sum to the number in the ALL row because of rounding of fractional weighting factors.
- (4) The number of individuals in some age groups is small; thus, the results for these groups should be interpreted with caution.
- (5) The procedures used to calculate the data in the tables are explained in appendix B.
- (6) Individuals are classified into age, income, and Food Stamp Program status categories based on their wave 1 responses.
- (7) \*--Value less than 0.5 but greater than 0.

### Tables 1.1-1A to 1.6-2B—Food Intakes

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Means for all groups include both users and nonusers.

Per individual per day--Based on four nonconsecutive 1-day dietary recalls collected over a 1-year period. See appendix B for a discussion of how the data were calculated.

Percentage of individuals using--A user is an individual reporting any food item in the specified group or subgroup at least once during the 4 surveyed days.

Total food--See glossary.

Food obtained and eaten away from home--See glossary.

Individuals--Excludes seven children who were breast fed on 1 or more of the survey days.

### MEAT, POULTRY, FISH (TABLES 1.1-1A TO 1.1-2B)

Total meat, poultry, fish--Includes beef, pork, lamb, veal, game, organ meats, frankfurters, sausages, luncheon meats, poultry, fish, shellfish, and mixtures having meat, poultry, or fish as a main ingredient. Unflavored gelatin and meat gravies are included in this total, but not in any of the following subgroups.

Beef--Includes beef steaks, roasts, ground beef, baby-food beef, corned beef, beef bacon, pastrami, oxtails, and shortribs. Excludes variety meats, such as liver and kidney, and processed beef, such as beef bologna and beef frankfurters. Excludes beef reported as part of a mixture.

Pork--Includes ham; bacon; salt pork; pigs' feet; pork cracklings; baby-food pork and ham; pork roll; and fresh, ground, cured, smoked, pickled, and dehydrated pork. Excludes variety meats and frankfurters, sausages, and luncheon meats. Excludes pork reported as part of a mixture.

Lamb, veal, game--Includes lamb, veal, goat, baby-food lamb and veal, rabbit, venison, and other game. Excludes variety meats. Excludes lamb, veal, or game reported as part of a mixture.

Organ meats--Includes liver, heart, kidney, and other organ meats from beef, pork, lamb, veal, game, and poultry; also includes baby-food liver and heart.

Frankfurters, sausages, luncheon meats--Includes processed meats from beef, pork, ham, veal, chicken, and turkey and baby-food meat sticks and frankfurters. Excludes items reported as part of a mixture.

Total poultry--Includes chicken, turkey, duck, goose, cornish game hen, quail, pheasant, other wildfowl, and baby-food chicken and turkey. Excludes giblets. Excludes poultry reported as part of a mixture.

Chicken--Includes chicken only. Excludes giblets.

Fish and shellfish--Includes finfish; shellfish, such as clams, crabs, lobster, oysters, scallops, and shrimp; and other seafood, such as frogs' legs, fish roe, squid, and turtle. Excludes fish and shellfish reported as part of a mixture.

Mixtures mainly meat, poultry, fish--Includes mixtures of meat, poultry, or fish with nonmeat items when reported as a single unit (for example, chicken cacciatore, beef potpie, tuna-noodle casserole, venison stew, liver dumplings, hash, shrimp salad, corn dog, salisbury steak frozen dinner, and chicken soup); baby-food meat and poultry mixtures; and meat, poultry, or fish sandwiches reported as a single item (for example, ham sandwich). The gram amounts in this category include ingredients other than meat, poultry, and fish. For example, the noodles in tuna-noodle casserole are included here but not in the grain products category.

#### MILK AND MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS (TABLES 1.2-1A TO 1.2-2B)

Calcium equivalent--Quantity of whole fluid milk to which dairy products (except butter) are equivalent in calcium content.

Total milk and milk products--Quantities are expressed in grams and as calcium equivalents. Includes fluid milk, yogurt, cream, milk desserts, and cheese. Excludes butter. Whey, flavored milk drinks, meal replacements with milk, milk-based infant formulas, unreconstituted dry milk and powdered mixtures, and milk sauces and gravies are included in this total but not in any of the following subgroups.

Total fluid milk--Quantities are as reported. Includes whole, lowfat, skim, acidophilus, filled, evaporated, and condensed milk; buttermilk; goat milk; and reconstituted dry milk.



Whole milk--Quantities are as reported. Includes whole fluid cow's milk, low-sodium whole milk, whole fluid milk filled with vegetable oil, reconstituted whole dry milk, and whole fluid goat's milk.

Lowfat and skim milk--Quantities are as reported. Includes lowfat (1 and 2 percent) and skim fluid cow's milk, lowfat fluid milk filled with vegetable oil, and reconstituted lowfat and nonfat dry milk.

Yogurt--Quantities are as reported. Includes plain, flavored, and fruit-variety yogurt, breakfast yogurt, and frozen yogurt.

Cream and milk desserts--Quantities are as reported. Includes fluid and powdered cream, half-and-half, sour cream, ice cream, ice milk, milk sherbets, and desserts made with milk, such as custards, cornstarch pudding, and baby-food puddings. Excludes nondairy sweet cream and sour cream substitutes, which are included under fats and oils.

Cheese--Quantities are as reported. Includes natural hard and soft cheeses, processed cheeses and spreads, imitation cheeses, cottage cheese, cream cheese, and mixtures that are mainly cheese, such as cheese souffle, rarebit, and cheese sandwiches reported as a single item.

Eggs--Includes whole eggs, egg whites, egg yolks, baby-food egg yolks, egg substitutes, meringues, and mixtures that are mainly egg, such as omelets, egg salad, and egg sandwiches reported as a single item.

Legumes, nuts, seeds--Includes cooked dry beans, peas, and lentils; mixtures that are mainly legumes,

such as baked beans, soups, and baby-food split peas; soybean-derived products, such as soy-based baby formulas and imitation milk; frozen meals with cooked dry beans or peas as the main course; meat substitutes that are mainly vegetable protein; nuts; peanut butter; coconut milk and cream; nut mixtures; seeds; and carob products.

#### VEGETABLES (TABLES 1.3-1A TO 1.3-2B)

Total vegetables and fruits--Includes white potatoes, tomatoes, dark-green and deep-yellow vegetables, other vegetables, citrus fruits and juices, dried fruits, and other fruits, mixtures, and juices.

Total vegetables--Includes white potatoes, tomatoes, dark-green and deep-yellow vegetables, other vegetables, and mixtures that are mainly vegetables.

White potatoes--Includes baked, boiled, mashed, fried, and canned potatoes; potato chips; and mixtures that are mainly potato, such as potato salad and potato soup. Excludes viandas (Puerto Rican starchy vegetables).

Tomatoes--Includes raw and cooked tomatoes; tomato juice and soup; catsup, chili sauce, and other tomato sauces; and mixtures such as tomato and corn, tomato and okra, and tomato sandwiches reported as a single item.

Dark-green vegetables--Includes raw and cooked dark-green leafy vegetables such as chard, collards, escarole, mustard and turnip greens, kale, and spinach; broccoli; mixtures that are mainly dark-green

vegetables, such as spinach souffle and escarole soup; and baby-food spinach.

Deep-yellow vegetables--Includes raw and cooked deep-yellow or orange vegetables such as carrots, pumpkin, winter squash, and sweetpotatoes; mixtures that are mainly deep-yellow vegetables, such as peas and carrots and sweetpotato casserole; and baby-food carrots, squash, and sweetpotatoes.

Other vegetables--Includes raw and cooked vegetables other than white potatoes, tomatoes, dark-green and deep-yellow vegetables, and their mixtures. Includes vegetable juices and soups; pickles, olives, and relishes; salads; viandas (Puerto Rican starchy vegetables); baby-food vegetables and baby-food vegetable mixtures with meat; and mixtures that are mainly "other" vegetables.

#### FRUITS (TABLES 1.4-1A TO 1.4-2B)

Total fruits--Includes citrus fruits and juices; dried fruits; and other fruits, mixtures that are mainly fruits, and fruit juices.

Total citrus fruits and juices--Includes oranges and other citrus fruits, orange juice and other citrus juices, mixtures of citrus and other fruit juices, and baby-food citrus juices. Excludes citrus fruit drinks and ades such as lemonade, which are tabulated under beverages.

Citrus juices--Includes grapefruit, lemon, lime, orange, tangerine, and other citrus juices (whether

sweetened or unsweetened, fresh, frozen, canned, or bottled); mixtures such as grapefruit and orange juice, apricot-orange juice, and pineapple-grapefruit juice; and baby-food citrus juices.

Dried fruits--Includes dried apples, apricots, figs, prunes, raisins, and other dried fruits. Excludes mixtures and juices such as prune juice.

Total other fruits, mixtures, juices--Includes raw and cooked apples, bananas, berries, and other fruits except citrus and dried fruit; fruit salads and mixtures that are mainly fruit; noncitrus juices (including prune juice) and nectars; and baby-food noncitrus fruits, juices, and nectars, fruits with tapioca, and fruit desserts and puddings. Excludes fruit drinks and ades which are tabulated under beverages.

Apples--Includes raw and cooked apples, applesauce, and baby-food applesauce. Excludes mixtures.

Bananas--Includes raw and cooked bananas. Excludes mixtures.

Other fruits and mixtures mainly fruit--Includes fruits other than citrus fruits, dried fruits, apples, and bananas; also includes baby-food noncitrus fruits and mixtures that are mainly fruits.

Noncitrus juices and nectars--Includes fruit juices and baby-food juices other than citrus. Excludes non-citrus fruit drinks and ades, which are tabulated under beverages.

GRAIN PRODUCTS; FATS AND OILS; SUGARS AND SWEETS (TABLES 1.5-1A TO 1.5-2B)

Total grain products--Includes yeast breads and rolls, other baked goods, cereals, pastas, and mixtures having a grain product as a main ingredient. Flour and biscuit mix are included under this total but not in any of the following subgroups.

Yeast breads and rolls--Includes yeast breads and rolls (excluding sweet rolls), English muffins, and bagels. Excludes yeast-type coffee cakes.

Other baked goods--Includes yeast-type sweet rolls and coffee cakes, biscuits, cornbread, tortillas, plain and fruit muffins, other quick breads, cakes, cookies, pies, pastries, doughnuts, crackers, salty snacks made from grain products, pancakes, waffles, and french toast.

Total cereals and pastas--Includes macaroni, noodles, spaghetti, grits, oatmeal, rice, other cooked cereal grains, ready-to-eat cereals, and uncooked cereal grains.

Ready-to-eat cereals--Includes unsweetened and sweetened ready-to-eat cereals, baby-food cereals, and mixtures of baby cereal and fruit or egg yolk.

Mixtures mainly grain--Includes mixtures (some with small amounts of meat and others without meat) such as pizza, enchiladas, spaghetti with sauce, baby-food macaroni and spaghetti, quiche, egg rolls, rice and pasta mixtures, frozen meals in which the main course is a grain product, and noodle and rice soups.

Total fats and oils--Includes table fats, cooking fats such as bacon drippings, lard, and vegetable shortening; vegetable oils; salad dressings; nondairy sour cream and sweet cream substitutes; and hollandaise and other sauces that are mainly fat or oil.

Table fats--Includes butter, margarine, and imitation margarine.

Salad dressings--Includes regular and low-calorie salad dressings and mayonnaise.

Total sugars and sweets--Includes sugar, sugar substitutes, syrups, honey, molasses, icing, topping, sweet sauces, jelly, jam, marmalade, preserves, sweet pastes, fruit butters, gelatin desserts, ices, popsicles, candy (including dietetic), and chewing gum.

Sugars--Includes white, brown, maple, and raw sugar and sugar substitutes.

Candy--Includes candy (including dietetic sweets), chocolate chips, fruit leather, chewing gum, breath mints, and cough drops.

BEVERAGES (TABLES 1.6-1A TO 1.6-2B)

Total beverages--Includes alcoholic and nonalcoholic beverages. Excludes tap water and noncarbonated bottled water. Several nonalcoholic, nonfruit, noncarbonated beverages (for example, Puerto Rican oatmeal beverage) are included under this total, but not in any of the following subgroups.



Total alcoholic beverages--Includes beer, ale, liqueurs, cocktails, other mixed drinks, wine, and distilled liquors.

Beer and ale--Includes beer, ale, and light ("lite") beer. Excludes "near beer."

Total nonalcoholic beverages--Includes coffee, tea, fruit drinks and ades, soft drinks, and "near beer."

Coffee--Includes ground and instant decaffeinated and regular coffee, liquid concentrate, coffee mixes, and coffee substitutes.

Tea--Includes tea from leaves; instant tea; instant tea with lemon, sugar, and/or artificial sweetener; frozen concentrate; and herb and other teas.

Total fruit drinks and ades--Includes regular and low-calorie fruit drinks, punches, and ades, including those made from powdered mix and frozen concentrate.

Regular fruit drinks and ades--Includes all fruit drinks, punches, and ades except low-calorie and low-sugar types. Excludes carbonated fruit drinks.

Low-calorie fruit drinks and ades--Includes low-calorie and low-sugar fruit drinks, punches, and ades.

Total carbonated soft drinks--Includes regular and diet carbonated soft drinks, such as colas, fruit-flavored and cream sodas, ginger ale, root beer, and carbonated soft drinks containing fruit juice; and "near beer" and other malt- and ale-type nonalcoholic beverages.

Regular carbonated soft drinks--Includes all carbonated soft drinks except unsweetened and sugar-free types. Also includes "near beer" and other malt- and ale-type nonalcoholic beverages.

Low-calorie carbonated soft drinks--Includes unsweetened and sugar-free carbonated soft drinks, seltzer water, and carbonated mineral water.

#### Tables 2.1A to 2.2C—Nutrient Contributions by 15 Food Groups

Mean percentage per individual over 4 nonconsecutive days--Based on four 1-day dietary recalls over a 1-year period. See appendix B for a discussion of how the data were calculated.

Individuals--Excludes seven children who were breast fed on 1 or more of the surveyed days.

Meat, poultry, fish--Includes beef; pork; lamb; veal; game; organ meats; frankfurters; sausages; luncheon meats; poultry; fish; shellfish; unflavored gelatins; meat gravies; mixtures of meat, poultry, or fish with nonmeat items when reported as a single unit (for example, chicken cacciatore, beef potpie, tuna-noodle casserole, venison stew, liver dumplings, hash, shrimp salad, corn dog, salisbury steak frozen dinner, and chicken soup); baby-food meat and poultry mixtures; and meat, poultry, or fish sandwiches reported as a single item (for example, ham sandwich).

Milk and milk products--Includes all types of fluid, canned, and dry cow's and goat's milk; buttermilk;

yogurt; whey; flavored milk drinks and shakes; meal replacements with milk; milk-based infant formulas; milk sauces and gravies; fluid and powdered cream; half-and-half; sour cream; ice cream, ice milk, and milk sherbets; other desserts made with milk, such as puddings and custards; all types of natural, processed, and imitation cheese; and mixtures with cheese as a main ingredient. Excludes butter and nondairy sweet cream and sour cream substitutes.

Eggs--Includes whole eggs, egg whites, egg yolks, baby-food egg yolks, egg substitutes, meringues, and mixtures that are mainly egg, such as omelets, egg salad, and egg sandwiches reported as a single item.

Legumes, nuts, seeds--Includes cooked dry beans, peas, and lentils; mixtures that are mainly legumes, such as baked beans, soups, and baby-food split peas; soybean-derived products, such as soy-based baby formulas and imitation milk; frozen meals with cooked dry beans or peas as the main course; meat substitutes that are mainly vegetable protein; nuts; peanut butter; coconut milk and cream; nut mixtures; seeds; and carob products.

Grain products--Includes yeast breads and rolls, other baked goods, cereals, pastas, flour, biscuit mix, and mixtures (some with small amounts of meat and others without meat) such as pizza, enchiladas, spaghetti with sauce, baby-food macaroni and spaghetti, quiche, egg rolls, rice and pasta mixtures, frozen meals in which the main course is a grain product, and noodle and rice soups.

Fats and oils--Includes table fats; cooking fats such as bacon drippings, lard, and vegetable shortening;

vegetable oils; salad dressings; nondairy sour cream and sweet cream substitutes; and hollandaise and other sauces that are mainly fat or oil.

Sugars and sweets--Includes sugar, sugar substitutes, syrups, honey, molasses, icing, toppings, sweet sauces, jelly, jam, marmalade, preserves, sweet pastes, fruit butters, gelatin desserts, ices, popsicles, candy (including dietetic), and chewing gum.

Vegetables and fruits--Includes white potatoes, tomatoes, dark-green and deep-yellow vegetables, other vegetables, citrus fruits and juices, dried fruits, and other fruits, mixtures, and juices.

Citrus fruits and tomatoes--Includes oranges and other citrus fruits, orange juice and other citrus juices, mixtures of citrus and other fruit juices, and baby-food citrus juices. Excludes citrus fruit drinks and ades such as lemonade, which are tabulated under beverages. Includes raw and cooked tomatoes; tomato juice and soup; catsup, chili sauce, and other tomato sauces; and mixtures such as tomato and corn, tomato and okra, and tomato sandwiches reported as a single item.

Noncitrus fruits--Includes dried apples, apricots, figs, prunes, raisins, and other dried fruits; raw and cooked apples, bananas, berries, and other fruits except citrus; fruit salads and mixtures that are mainly fruit; noncitrus juices and nectars; and baby-food noncitrus fruits, juices, and nectars, fruits with tapioca, and fruit desserts and puddings. Excludes fruit drinks and ades, which are tabulated under beverages.

Dark-green and deep-yellow vegetables--Includes raw and cooked dark-green leafy vegetables such as chard, collards, escarole, mustard and turnip greens, kale, and spinach; broccoli; mixtures that are mainly dark-green vegetables, such as spinach souffle and escarole soup; baby-food spinach; raw and cooked deep-yellow or orange vegetables such as carrots, pumpkin, winter squash, and sweetpotatoes; mixtures that are mainly deep-yellow vegetables, such as peas and carrots and sweetpotato casserole; and baby-food carrots, squash, and sweetpotatoes.

White potatoes--Includes baked, boiled, mashed, fried, and canned potatoes; potato chips; mixtures that are mainly potato, such as potato salad and potato soup. Excludes viandas (Puerto Rican starchy vegetables).

Other vegetables--Includes raw and cooked vegetables other than white potatoes, tomatoes, dark-green and deep-yellow vegetables, and their mixtures. Includes vegetable juices and soups; pickles, olives, and relishes; salads; viandas (Puerto Rican starchy vegetables); baby-food vegetables and baby-food vegetable mixtures with meat; and mixtures that are mainly "other" vegetables.

Nonalcoholic beverages--Includes coffee, tea, fruit drinks and ades, soft drinks, and "near beer."

Alcoholic beverages--Includes beer, ale, liqueurs, cocktails, other mixed drinks, wine, and distilled liquors. Excludes "near beer."

#### Tables 3.1 to 4N--Nutrient Intakes

Per individual per day--Based on four nonconsecutive 1-day dietary recalls. See appendix B for a discussion of how the data were calculated.

Individuals--Excludes seven children who were breast fed on 1 or more of the surveyed days.

Vitamin A--Represents total vitamin A activity expressed as retinol equivalents (RE) and as international units (IU).

Niacin--Values for niacin do not include niacin contributed by tryptophan, a niacin precursor.

Dietary fiber--Represents total dietary fiber. Includes both insoluble and soluble fiber.

Carotenes--Represents retinol equivalents (RE) of vitamin A activity provided by beta-carotene and other provitamin A carotenoids.

Vitamin E--Represents vitamin E activity from alpha-, beta-, and gamma-tocopherol and alpha-tocotrienol expressed as alpha-tocopherol equivalents.

Folacin--Represents total folate activity.

Sodium--Includes naturally occurring sodium, sodium contributed by compounds used in food processing, and an assumed amount of sodium used in food preparation. Excludes sodium from salt added at the table.



**Tables 5.1 to 6H—Nutrient Intakes as Percentages of 1980  
Recommended Dietary Allowances**

Recommended Dietary Allowances--Data in the tables are compared with the 1980 RDA. See appendix D.

Per individual per day--Based on four nonconsecutive 1-day dietary recalls. See appendix B for a discussion of how the data were calculated.

Individuals--Excludes seven children who were breast fed on 1 or more of the surveyed days.

Vitamin A--Based on intakes expressed as international units (IU).

Niacin--Intakes of niacin do not include niacin contributed by tryptophan, a niacin precursor.

**Tables 7.1 and 7.2—Nutrient Intakes per 1,000 Kilocalories**

Mean per individual over 4 nonconsecutive days--Based on four 1-day dietary recalls over a 1-year period. See appendix B for a discussion of how the data were calculated.

Individuals--Excludes seven children who were breast fed on 1 or more of the surveyed days.

**Tables 8.1 and 8.2—Food Energy from Protein, Total Fat, Fatty Acids,  
and Carbohydrate**

Food energy--Energy provided by protein, fat, and carbohydrate was calculated by using the general

factors 4, 9, and 4 kilocalories per gram, respectively, rather than food-specific factors.

Mean per individual over 4 nonconsecutive days--Based on four 1-day dietary recalls over a 1-year period. See appendix B for a discussion of how the data were calculated.

Individuals--Excludes seven children who were breast fed on 1 or more of the surveyed days.

**Tables 9.1 to 14.2—Breakfast, Snacks, Food Obtained and Eaten  
Away from Home**

Individuals--Excludes seven children who were breast fed on 1 or more of the surveyed days.

Mean per individual over 4 nonconsecutive days--Based on four 1-day dietary recalls over a 1-year period. See appendix B for a discussion of how the data were calculated.

Percentage of nutrient intake--If the specified eating occasion contributed zero percent of an individual's intake of a particular nutrient, zero percent was used in calculating the group mean.

**Tables 15.1 to 21B—Characteristics of the Sample**

Data presented in the characteristics tables are from responses to wave 1. In most cases, these characteristics were consistent from one wave to another.

Individuals--Includes seven children who were breast fed on 1 or more of the surveyed days.

Race--Excludes individuals for whom race was not reported.

Health status--Self-appraised.

Mean number of cigarettes smoked per day--Refers only to current smokers.

Level of Physical Activity--Self-appraised.  
See "Physical activity" in glossary.

Height--Self-reported.

Weight--Self-reported.

Age--Calculated from date of birth as reported by the household informant at the wave 1 interview.

Alpha-tocopherol equivalent--See "Vitamin E."

Breakfast--Any eating occasion designated as such by the respondent.

Calcium equivalent--The amount, expressed in grams, of fluid whole cow's milk that has the same quantity of calcium as the reported milk product. For example, the calcium equivalent of 2 ounces (57 grams) of cheddar cheese is calculated as follows:

(1) Derive calcium conversion factor--

$$\frac{\text{Calcium in 100 g cheddar cheese}}{\text{Calcium in 100 g fluid whole milk}} = \frac{721 \text{ mg}}{119 \text{ mg}} = 6.06$$

(2) Multiply amount of cheddar cheese eaten, expressed in grams, by the calcium conversion factor-- $57 \text{ g} \times 6.06 = 345 \text{ g}$ . (The amount of calcium in 57 grams of cheddar cheese is equal to the amount of calcium in 345 grams of fluid whole milk).

Carotenes--Beta-carotene and other provitamin A carotenoids. See "Vitamin A."

Central city--See "Urbanization."

Dietary fiber--Total dietary fiber including both insoluble and soluble fiber.

Dietary intake--See "Food intake."

Eating occasion--Any report of eating or drinking by a respondent. Each change in time of eating reported on the questionnaire was considered to be a separate eating occasion.

Educational level--Women were categorized according to the highest grade of formal schooling they completed: (a) elementary--eighth grade or less; (b) some high school--1 to 3 years; (c) high school completed--4 years or high school equivalency; (d) college--1 to 5 years or more; or (e) not reported. Formal schooling does not include trade or vocational schooling or company training unless credit is given which would be accepted at a regular school or college.

Employment status--Employment includes any work done during the week prior to the wave 1 interview for which money, goods, or services were received, including active duty in the Armed Forces. A respondent was also "employed" if she had a job but was not actually at work that week. Full-time (35 hours or more) or part-time (1 through 34 hours) status was determined by the number of hours per week usually worked during the past 3 months.

Female head of household--Person indicated as such by the household informant; usually the wife of the male head of household if a male head was present.

Folacin--Total folate activity.

Food group--See the table notes for descriptions of the various food groups and subgroups.

Food intake--All beverages (except water) and foods ingested by the respondent. Does not include inedible

parts of foods (such as bones, rinds, and seeds); uneaten portions of food; or vitamin, mineral, or other supplements.

Food obtained and eaten away from home--Any food or beverage ingested by a respondent that did not come from the home food supply. Food obtained away from home and carried home to be eaten, such as take-home pizza, was considered part of the home food supply. See "Home food supply."

Food Stamp Program status--Based on response of the household informant at the time of the wave 1 interview to the following questions: "Did this household receive any Government food stamps this month?" or "Did this household receive any food stamps last month?"

Health status--Self-appraised.

Height--Self-reported.

Home food supply--Foods and beverages ingested at home and food items carried from home and eaten elsewhere, such as those in picnics and packed lunches.

Household--A group of individuals who regularly occupy a house, an apartment, or a room or group of rooms that constitute a housing unit; includes persons temporarily absent, such as those in the hospital or traveling. Group quarters such as rooming houses, military barracks, and institutions were not included in the survey.

Household informant--The household member who gave information on household characteristics such as

income, food expenditures, and participation in food assistance programs, usually the female head of household.

Household size--Number of individuals in a household. See "Household."

Income--Household informant's estimate of the total income from all sources before taxes of all household members in 1985. Called "household income."

Lactating female--In tables 15.1 to 21B, a lactating female is a respondent who at the time of the wave 1 interview was breast-feeding a child born since January 1, 1983. In tables 5.1 to 6H, however, pregnancy and lactation status were determined at each wave, and the appropriate RDA were applied.

Male head of household--Person indicated as such by the household informant; usually the husband of the female head of household.

Main meal planner/preparer--Person identified by the household informant as most responsible for planning and preparing the household's meals.

Midwest--See "Region."

Mother/caretaker--The mother or guardian of a child respondent or the person most responsible for that child.

Niacin--Nicotinic acid and nicotinamide present in foods. Does not include niacin converted from dietary tryptophan, a niacin precursor.



Nonmetropolitan areas--See "Urbanization."

Northeast--See "Region."

Nutrient density--Amount of nutrient per 1,000 kilocalories of food energy intake.

Nutrient intake--Nutrient content of all foods and beverages (except water) ingested by the respondent. Vitamin, mineral, and other supplements are excluded. See appendix B for information on the nutrient data base.

One-day dietary recall--A recall of beverages and foods ingested during the day preceding the interview--the 24 hours from midnight to 11:59 p.m.

Physical activity--Respondents rated their own usual levels of physical activity at their job and/or housework, and during leisure time after the interviewer read examples of activities that could be considered heavy/rigorous, moderate, or light.

Poverty--See appendix B for an explanation of how percentage of poverty level was determined.

Pregnant female--In tables 15.1 to 21B, a pregnant female is a respondent who at the time of the wave 1 interview answered "Yes" to the question "Are you pregnant?" In tables 5.1 to 6H, however, pregnancy and lactation status were determined at each wave and the appropriate RDA were applied.

Race--Self-reported by adult respondents as white, black, Asian/Pacific Islander, or Aleut/Eskimo/American

Indian. Children were assigned the race of their mother/caretaker.

Recommended Dietary Allowances (RDA)--Levels of nutrient intakes considered by the Food and Nutrition Board of the National Academy of Sciences to be adequate to meet the nutritional needs of practically all healthy individuals (3). Intakes below the RDA are not necessarily inadequate, but the risk of inadequacy increases to the extent that intake is less than the recommended level. The RDA for the various sex-age groups are given in appendix D.

Region--An area of the conterminous United States as defined by the U.S. Department of Commerce for the 1980 Census of Population. The four census regions and their States are as follows:

Northeast: Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont.

Midwest (formerly North Central): Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, Wisconsin.

South: Alabama, Arkansas, Delaware, District of Columbia, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, West Virginia.

West: Arizona, California, Colorado, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming.

Retinol equivalents--See "Vitamin A."

Snack--Any eating occasion designated by the respondent as a snack, a coffee break, or a beverage break.

South--See "Region."

Suburban areas--See "Urbanization."

Supplements--Vitamins and minerals ingested by respondents in a form other than in food or beverage. Not included in food and nutrient intake data.

Total food--Includes both food from the home food supply and food obtained and eaten away from home.

Urbanization--Based on metropolitan statistical areas (MSA) defined by the U.S. Department of Commerce for the 1980 Census of Population. The degrees of urbanization used in this report are as follows:

Central city: A city which has a population of 50,000 or more and is the main city within an MSA.

Suburban area: Generally within the boundaries of an MSA but not within the legal limits of the central city.

Nonmetropolitan area: Any area not within an MSA.

User--Any participant who reported eating a food item from a specified food group or subgroup at least once during the 4 survey days.

Vitamin A--Vitamin A activity derived from both preformed vitamin A (retinol) and provitamin A carotenoids. Values in tables are expressed as international units (IU) and as retinol equivalents (RE). One IU equals 0.3 micrograms of retinol, 0.6 micrograms of beta-carotene, or 1.2 micrograms of other carotenoids having vitamin A activity. One RE equals 1 microgram of retinol, 6 micrograms of beta-carotene, or 12 micrograms of other provitamin A carotenoids.

Vitamin E--Vitamin E activity derived from alpha-, beta-, and gamma-tocopherol and alpha-tocotrienol. Value is expressed as alpha-tocopherol equivalents. One alpha-tocopherol equivalent equals 1 milligram of alpha-tocopherol, 2 milligrams of beta-tocopherol, 10 milligrams of gamma-tocopherol, or 3.3 milligrams of alpha-tocotrienol.

Wave--The approximate dates of data collection for each wave are as follows: wave 1 (April-May 1986), wave 2 (June-July 1986), wave 3 (August-September 1986), wave 4 (October-November 1986), wave 5 (December 1986-January 1987), and wave 6 (February-March 1987).

Weight--Self-reported.

Weighting factors--Factors applied to data from completed questionnaires to compensate for differing response rates among individuals of similar ages in the primary sampling units. See appendix A for further discussion.

West--See "Region."

Sample Design

The CSFII 1986 low-income sample was drawn from all private households in the conterminous United States. The survey was designed to provide a multistage, stratified area sample that was representative of the 48 conterminous States. The sampling frame was organized using estimates of the U.S. population in 1985. Adjustments were made at the time of the survey to reflect the 1986 population. The stratification plan took into account geographic location, degree of urbanization, and socioeconomic considerations. Each successive sampling stage selected increasingly smaller, more specific locations.

The 48 States were grouped into the nine census geographic divisions; then, all land areas within the divisions were divided into three urbanization classifications: central city, suburban, and nonmetropolitan. (See glossary.) The stratification process resulted in a total of 60 strata--17 central city, 28 suburban, and 15 nonmetropolitan--which correspond to the geographic distribution, urbanization, and density of the population within the conterminous United States as defined by the Bureau of the Census. The distribution of these strata is shown in the following table:

Census region and division	Central city	Suburban	Nonmetro- politan
-----number of strata-----			
Northeast:			
New England .....	1	1	1
Middle Atlantic .....	3	5	1
Midwest:			
East North Central ...	3	6	2
West North Central ...	1	1	2
South:			
South Atlantic .....	2	5	3
East South Central ...	1	1	2
West South Central ...	2	3	2
West:			
Mountain .....	1	1	1
Pacific .....	3	5	1
Total .....	17	28	15

Counties, cities, or parts of cities within each stratum were grouped together into smaller, relatively homogeneous units called primary sampling units (PSU), based on political, economic, and demographic characteristics and/or geographical proximity. Two PSU



were selected from each of the 60 strata resulting in a total of 120 PSU. The PSU were randomly selected. The probability of selection was the ratio of the estimated size of the PSU to the estimated size of the stratum in which that PSU was located. The two PSU were selected from each stratum with replacement; that is, the selection of one PSU as the first PSU did not preclude its selection as the second PSU. Each PSU was then divided geographically along census boundaries into smaller clusters, called area segments, containing a minimum of 100 housing units.

To increase the probability of locating low-income households within each PSU, a two-step selection process was used to identify sample area segments. First, 700 area segments were chosen with a probability proportional to the ratio of the number of housing units in the area segment to the total number of housing units in the PSU. Each of the 700 segments was then assigned to one of three poverty strata according to the proportion of the population in the segment at or below 125 percent of the poverty guidelines. (This poverty cut-off was the closest published figure to the 130 percent target sought for the CSFII.) Second, using a higher sampling rate to select area segments in strata containing larger poverty populations, a total of 336 segments was drawn into the final sample by systematic random sampling procedures. The following table shows the distribution of the initially sampled segments, those included in the final draw, and the sampling rate associated with each of the three poverty strata.

Poverty stratum	Segments initially sampled	Segments subsampled	Sampling rate
----- <u>number</u> -----			
Less than 10% of population at or below 125% of poverty .....	225	56	0.25
10-24% of population at or below 125% of poverty .....	325	130	0.40
25% or more of population at or below 125% of poverty .....	150	150	1.00
All strata .....	700	336	

To ensure comparability of the CSFII 1985 with the CSFII 1986, the same 336 area segments were sampled in the two surveys. However, different housing units were selected for the CSFII 1986 than for the CSFII 1985.

The 336 area segments were prelisted to identify the existing housing units within the area boundaries at the time of the survey. New housing units that came into existence between the 1985 and 1986 surveys

were added to the lists before the 1986 sample was selected. The prelisted number of housing units in the area as of 1985, together with census information, served as the basis for determining the number of housing units to be selected for the CSFII 1986 from that area.

A systematic random sample of housing units was identified for contact in each area segment. The number of sample housing units was about equal in each segment. Approximately 12,983 sample housing units were identified. Of these, 1,485 were not occupied at the time of field contact, and 1,235 were not screened because the occupants refused or could not be found at home or for other reasons.

The remaining 10,263 households were screened to determine the previous month's income, the number of people in the household, and the presence or absence of women 19 to 50 years of age. If a household contained at least one age-eligible woman and the household's income and size placed it at or below 130 percent of the 1986 poverty guidelines (see appendix B), it was drawn into the final sample. Interviews were attempted with all age-eligible women residing in the household. Of the 10,263 households screened, 1,386 were eligible to participate in the survey. Of these, 1,223 (or 88 percent) participated in wave 1.

#### Data Collection

To contact individuals in housing units selected as part of the low-income sample, trained interviewers made a minimum of three personal visits plus up to eight telephone calls to each household having a

telephone. To contact households without telephones, interviewers made a minimum of six personal visits (five in rural areas).

In eligible households, all women 19 through 50 years of age and their children ages 1 through 5, if any, were invited to participate in a yearlong survey panel. A letter of introduction was provided, and respondents were informed that the full survey involved the collection of 6 individual days (waves) of intake data separated by intervals of approximately 2 months.

In each wave, the interviewing process included two major steps: (1) collection of information about the household and (2) collection of information on food intake. Separate intake records were used for each woman and for each child.

Interviewers were instructed to complete all interviews in a single household during the same visit or call, to complete the household schedule first and then the required intake records, and to obtain intake data from a woman and her children for the same 24-hour period. Interviewers were provided with instructions on what to do if deviation from this pattern was necessary.

Multiple contacts were made when needed to complete interviews in eligible households. Interviewing of a household was not considered complete until the household schedule and intake records for all eligible individuals who agreed to participate were obtained.

The first wave of data (wave 1) was collected by personal interview from individuals in 1,223 households; subsequent waves of data were collected by

telephone, if possible. The proportion of household interviews conducted by telephone in waves 2 and 3 was 63 percent; in waves 4 to 6 it was 61 percent. In households without telephones or where the respondent requested to be interviewed in person, the information for waves 2 to 6 was collected in a personal interview.

Only households that contained a member who was interviewed in wave 1 were recontacted in subsequent waves. Within these households, only women and children who completed interviews in wave 1 were eligible for reinterview in waves 2 to 6. Respondents were retained in the survey even if they missed one or more waves. Respondents who moved out of their area during the survey were not followed. Individuals who became members of participating households after wave 1 were not eligible for participation, regardless of their age.

In wave 1, information on the characteristics of the household was collected from the primary age-eligible woman in the household (the household informant). The female head of the household was always the household informant if she was age-eligible. In households where the female head did not participate in the survey, interviewers collected data on household characteristics from the participant who was the main meal planner/preparer or from the participant who could best answer questions about the household. Household characteristics included the previous month's household income by source; the previous year's household income before taxes; participation in food programs; age, education, occupation, and employment status of the male head of the household; household size; tenancy status; usual amount of money spent on

food; and each household member's sex, age, and relationship to the female head of the household.

In waves 2 to 6, interviewers were instructed to attempt another interview within 10 days of 2 months' time from the date of the last interview. At each interview in waves 2 to 6, the interviewer first obtained limited information on the household from the woman who provided the household information in wave 1. This included information on changes in household membership since the last interview, usual amount of money spent on food, participation in food programs, and changes in monthly household income.

In all waves, each woman interviewed provided information on her own food intake as well as that of her children. Information was collected on all food eaten either at home or away, the time of day the food was eaten, what the eating occasion was called, and the use of salt at the table. The main meal planner/preparer was asked about the use of fat (including type) and salt in food preparation, and about the form in which the food was brought into the home (commercially frozen, canned, or bottled or in another form). Foods were designated as coming from the home food supply or as obtained and eaten away from home (see glossary).

A Food Instruction Booklet, developed by National Analysts based on information provided by HNIS, was used by the interviewers to help respondents adequately describe foods and amounts eaten. The interviewers used standard household measuring cups and spoons and a ruler during the interview to help respondents estimate quantities of foods and beverages



consumed. Respondents kept the cups, spoons, and ruler for use during subsequent interviews.

Each woman interviewed also provided information on her age, race, physiological status (pregnancy and lactation), employment, occupation, and education. Children were assigned the race of their mother/ caretaker.

In wave 1, eligible households were scheduled for interviews in a manner designed to provide representativeness of intake data by day of the week over all households. In subsequent waves, interviewers were instructed to collect data for a household on different days of the week. For example, if the data for a household were collected for a Tuesday in wave 1 and for a Friday in wave 2, the household was asked to provide data for one of the other 5 days in wave 3, if possible.

The distribution of intake data by day of the week for the 4 days of data per individual included in this report is presented in the table below. Also presented is the proportion of respondents providing at least 1 day of data for specific days. The largest proportions of dietary intakes were collected for Tuesday (17 percent). The smallest proportion was collected for Saturday (10 percent)--many participants were reluctant to be interviewed on a Sunday. Sixty-seven percent of all respondents provided at least 1 day of intake data for Tuesday; 38 percent provided at least 1 day of intake for Saturday.

Day of week of reported intake	Acceptable dietary forms collected	Respondents providing at least 1 day of data
	-----percent-----	
Sunday.....	15	60
Monday.....	15	61
Tuesday.....	17	67
Wednesday.....	15	62
Thursday.....	14	56
Friday.....	14	56
Saturday .....	10	38
	100	

A total of 1,320 women and 762 children satisfactorily completed the wave 1 food intake interview. The numbers of individuals completing each wave are as follows:



Wave	Women	Children
	-----number*-----	
1 .....	1,320	762
2 .....	1,051	583
3 .....	946	499
4 .....	904	478
5 .....	848	464
6 .....	876	466
* unweighted		

Of the individuals completing the first wave, 953 women and 509 children completed at least three additional waves. The data in the main body of this report are based on the dietary intakes of these individuals. (See the following section, "Sample Weights," for information on the selection of days.) The tabulation below shows the numbers of individuals who completed the specified number of waves.

Number of waves completed	Women	Children
	-----number*-----	
One wave only .....	130	84
Two waves only .....	143	107
Three waves only .....	94	62
Four waves only .....	113	84
Five waves only .....	245	118
All six waves .....	595	307
Four or more waves .....	953	509
* unweighted		

#### Sample Weights

Because area segments were disproportionately sampled, a weight was applied to each segment to adjust for the different sampling rates. In addition to the segment weight, household and individual weighting factors were applied to data from completed intake records to adjust for sources of nonresponse--not all eligible households participated, not all eligible women and children in eligible households were interviewed, not all interviews yielded complete information, and not all participants in wave 1 completed each subsequent wave. Weighting factors were applied to data from completed intake records to adjust for these sources of nonresponse. Weighting procedures involved the following steps:

- (1) Selection of days--This publication provides data on the dietary intakes by low-income women and children who completed the first 1-day recall and at least three additional interviews. For women and children who provided more than 4 days of dietary data, a computer program was developed to randomly select the 3 additional days to be used. The selection process for women was separate from that for children. Therefore, some of the dietary data for women and children from the same household may be for different waves. After the days of intake were selected, household and individual weights were calculated.
- (2) Household weights--In wave 1, household weights were determined by estimating the total number of eligible occupied households in each area segment and dividing this number by the actual number of interviewed households in the area segment. For the 4-day sample, the household weight for each area segment was adjusted to make that area segment account for the same proportion of households as it had in wave 1. If, after the 4-day respondents had been selected, an area segment had no respondents in a specific age group, that area segment was combined with the nearest area segment in that region of the same level of urbanization. In that case, the weighting calculations were based on the total number of households in the combined area segments and give estimates that are representative of the population.

Household weights were developed so that the weighted number of households would equal the

unweighted number of households, except for rounding differences.

- (3) Initial individual weights--The development of individual weights was a two-step process. Separate initial weights were required for children and for women. The adjustment for eligible children for whom complete dietary intake information was not collected was made on an age basis within each area segment. All eligible children in participating area segments were divided into two age groups--those  $2\frac{1}{2}$  years or under and those over  $2\frac{1}{2}$  years. Children in each age group were listed by area segment. If complete dietary intake data were provided for all eligible children within an area segment, each child was given an initial weighting factor of 1.00. In area segments having children with missing dietary data, participating children received initial weighting factors that summed to the number of eligible children within the same age group in that segment. This was done by dividing the number of eligible children by the number of participating children. For example, if dietary data were missing or incomplete for one of five eligible children in the same area segment and age group, the other four children for whom intake data were obtained were assigned an initial weighting factor of 1.25.

The adjustment for eligible women for whom complete dietary intake information was not collected was made within a sample household. First, the number of age-eligible women and the number of participating women in each household

were determined. Second, in households where all eligible women participated, each woman was given an initial weighting factor of 1.00. In households where not all of the age-eligible women participated, the women in that particular household who did participate received weighting factors that summed to the number of eligible women in that household.

- (4) Final individual weights--The initial weighting factor for each child or woman was then multiplied by the household weight to obtain the final individual weight.

The unweighted and weighted counts of individuals who provided 4 days of dietary data by sample weighting groups are shown below:

	Unweighted count	Weighted count
Low-income households ...	904	903
Low-income children:		
2½ years or under.....	155	162
Over 2½ years.....	354	379
Low-income women:		
19-50 years .....	953	966

### Data Processing

Completed schedules were coded by the contractor (National Analysts) using food codes, gram weight conversions, and coding guidelines provided by the Human Nutrition Information Service (HNIS) (4). Each food and beverage reported as ingested during the 24-hour survey period was assigned a code number, and amounts of foods ingested were converted to their weight in grams. When items could not be coded by the contractor because of insufficient information, they were referred to HNIS for resolution. New codes were created by HNIS as needed.

The amount of each nutrient in each food eaten was calculated using the weight (in grams) of that food from the intake record and the nutritive value of that food (per 100 grams) from a nutrient data base. The intake records and the nutrient data base were linked by the food codes. Amounts of each nutrient in all foods reported by an individual were summed to obtain the nutrient intake for the day.

The nutrient data base used to calculate nutrient intakes was developed by HNIS for use in the CSFII 1985 (5). Some additional items were added to the data base for the CSFII 1986. The data base contains representative nutrient values for 100 grams of edible portions of over 5,000 food items. The values for most items containing two or more ingredients were calculated from ingredient data using representative recipes. Responses to the questions asked of the main meal planner/preparer on use of salt and fat and on the type of fat in food preparation were translated into an assumed amount of salt or fat added to the recipe and were coded accordingly. These salt and fat codes

were used only for the individual providing the information, not for other household members.

The nutrient data base developed for use with the CSFII includes values for food energy and 28 nutrients and other dietary components.<sup>1</sup> The sources of these values are the USDA Nutrient Data Base for Standard Reference (6) and the USDA Nutrient Data Bank (7). Most of the values are supported by laboratory analyses. Nutrient values not available from laboratory analysis were imputed from data for other forms of the food or from data for similar foods. Most of the components have a relatively strong research base. Data for some components, however, are less well founded.

Values for the beta-carotene content of foods have not been reported frequently, and existing reports are often not clear as to whether a value is explicit for beta-carotene or whether it includes other carotenoids. Values in the data base for carotene are those assumed by HNIS in arriving at the values for total vitamin A and should not be interpreted as representing solely

---

<sup>1</sup> Protein, total fat, saturated fat, monounsaturated fat, polyunsaturated fat, cholesterol, carbohydrate, dietary fiber, vitamin A (IU and RE), carotenes, vitamin E, ascorbic acid, thiamin, riboflavin, niacin, vitamin B-6, folacin, vitamin B-12, calcium, phosphorus, magnesium, iron, zinc, copper, sodium, potassium, alcohol, and moisture (water). Although alcohol was used in the calculation of total energy, separate values for alcohol are not given in the report, nor are values for the moisture content of foods.



beta-carotene. Only limited data are available for vitamin E and dietary fiber. Data for vitamin E (as alpha-tocopherol equivalents) are available mainly for basic staple or commodity food items. Values for dietary fiber generally represent either total dietary fiber by direct determination or the sum of insoluble fiber and soluble fiber in foods for which such data exist.

Data were subjected to computer-assisted cleaning and checking by the contractor. Dietary intake records that were known to be incomplete were eliminated. The heights and weights of individuals were compared with the 2nd and 98th percentiles for individuals of the same age group and sex in the NFCS 1977-78 as a check for reasonableness. The gram weight of each individual's total intake of food and intakes of food energy, protein, fat, carbohydrate, calcium, iron, and ascorbic acid were checked for reasonableness in a similar manner. Also, the gram weight of each food reported was checked against reasonable maximums established by HNIS on a food group basis. Data that fell outside the limits set as reasonable were checked against the original questionnaire and were corrected if in error.

#### Data Presentation

Data tapes provided by the contractor were further processed by HNIS to generate the tables in this report. These tables were produced using the U.S. Department of Labor, Bureau of Labor Statistics, Print Control Language (8) and Table Producing Language (9). The data presented in the tables were calculated as follows:

Food Stamp Program participation--Respondents reported whether or not they participated in the Food Stamp Program at each wave. In this report, individuals are classified by Food Stamp Program status based on their response to wave 1. As the following tabulation shows, 77 percent of the women and 85 percent of the children who reported program participation at the wave 1 interview reported participation at all four of the dietary interviews used for this report. Eighty-eight percent of the women and 87 percent of the children who reported nonparticipation at the wave 1 interview, reported nonparticipation at subsequent interviews.

Classification in wave 1	Individuals	Number of waves participating in FSP				
		0	1	2	3	4
	<u>number*</u>	<u>percentage of individuals</u>				
FSP						
Women.....	430	0	9	5	10	77
Children...	280	0	6	4	5	85
NFSP						
Women.....	523	88	6	3	3	0
Children...	229	87	3	5	5	0
*unweighted						

Income levels--To obtain a sample of households that could have met the income criterion for FSP participation at the time of data collection, households were screened for survey eligibility using a general question on household income for the previous month. The CSFII also included a more detailed question on income for the previous calendar year. Annual income is a better indicator of a household's general level of living than monthly income, and is used to classify income data in the tables in this report.

The income level categories (0 to 75 percent of poverty, 76 to 130 percent of poverty, and 0 to 130 percent of poverty) are based on household income for the previous calendar year. The income levels were calculated by expressing each household's income before taxes for the previous calendar year as a percentage of the poverty guidelines for households of the appropriate size. Individuals were then grouped according to their household income as a percentage of the poverty guidelines. The poverty guidelines, provided by the U.S. Department of Health and Human Services (1), are adapted from the poverty thresholds published by the Bureau of the Census. They are used by many Federal agencies to determine whether a person or family is financially eligible for assistance under a particular Federal program. The 1986 guidelines (which are based on the previous year's income) are as follows:

Household size	1986 poverty guidelines
1 .....	\$ 5,360
2 .....	7,240
3 .....	9,120
4 .....	11,000
5 .....	12,880
6 .....	14,760
7 .....	16,640
8 .....	18,520

For households with more than eight members, \$1,800 was added for each additional member.

Food intakes (tables 1.1-1A to 1.6-2B)--The data on food intakes presented in the tables are arithmetic means (averages) for the group of individuals identified in the stub. For each food group and subgroup identified in the column head, quantities reported for each individual over the 4 days of observation were totaled and divided by four to obtain a mean intake per day for the individual. Individual mean intakes were totaled and divided by the number of individuals in the group to obtain the mean per individual per day for that group. If no food from a specific food group or subgroup was reported on the survey days, that individual's total was zero; the zero was included in the calculation of the group mean. The mean intakes in the tables, therefore, include intake values for both users and nonusers.

Nutrient contributions by 15 food groups (tables 2.1A to 2.2C)--For each individual, each nutrient (listed in the stub) from each food group (listed in the column head) was summed over 4 days, divided by the sum of that nutrient from all food groups over 4 days, then multiplied by 100 to obtain the percentage of an individual's total intake of the nutrient that was contributed by the food group. Individual percentages were totaled and divided by the number of individuals in the group, including those with zero percentages, to obtain the mean percentage per individual for that group.

The nutrient contribution of a food group can be calculated using an alternative procedure that may yield different results from the procedure described above. Differences between results will be especially large for food groups that are important sources of a food component and for which intakes vary widely among individuals, such as eggs, which are an important source of cholesterol. The alternative procedure, which produces an estimate of the "population proportion" rather than the "mean proportion" estimated by the first method, involves summing the amount of a nutrient provided by the food group for all individuals and dividing by the total intake of that nutrient from all foods for all individuals. This method is used when the intent is to show the nutrient contribution of a food group relative to the intake from all the foods eaten by a population rather than the food group's average contribution to the diets of individuals.

Nutrient intakes (tables 3.1 and 3.2)--For each dietary component listed in the column head, the intakes calculated for each individual over the 4 days of observation were totaled and divided by four to obtain

a mean intake per day for the individual. Individual mean intakes were totaled and divided by the number of individuals in the group to obtain the mean intake per individual per day for that group. The nutrient intakes by individuals presented in tables 3.1 and 3.2 do not include intakes from vitamin and mineral supplements, for which information only on the frequency and type used were collected. Sodium intake does not include sodium from salt added at the table, for which information was not collected.

Nutrient intakes at selected percentiles (tables 4A to 4N)--For each dietary component listed in the column head, the intakes calculated for each individual over the 4 days of observation were totaled and divided by four to obtain a mean intake per day for the individual. Values for each individual were arrayed from lowest to highest, and intakes were identified at specified percentiles (10th, 25th, 50th, 75th, 90th).

Nutrient intakes as percentages of 1980 RDA (tables 5.1 and 5.2)--For each day, each individual's intakes of food energy and 15 nutrients were expressed as percentages of the 1980 RDA for a person of the appropriate sex and age (3). Each individual's intakes expressed as percentages of RDA were summed over 4 days, then divided by four to yield mean percentages per day for the individual. Individuals' mean percentages were totaled and then divided by the number of individuals in the group to obtain the mean nutrient intakes per individual per day expressed as percentages of RDA for that group. The 1980 RDA are listed in appendix D.

Percentages of individuals with nutrient intakes at selected levels of the 1980 RDA (tables 6A to 6H)--For



each day, each individual's intakes of food energy and 15 nutrients were expressed as percentages of the 1980 RDA for a person of the appropriate sex and age (3). These percentages were summed over 4 days, then divided by four to yield mean percentages per day for the individual. Individual mean intakes were classified into 4 categories by selected levels (below 50 percent, 50 to 69 percent, 70 to 99 percent, and 100 percent and over) of the 1980 RDA. The number of individuals in each RDA category was divided by the total number of individuals in the group to obtain the percentage of individuals who had intakes at that level of the RDA.

Nutrient intakes per 1,000 kilocalories (tables 7.1 and 7.2)--Each individual's intakes of a particular nutrient were summed over 4 days then divided by the sum of the individual's intakes of food energy (kilocalories) over 4 days and multiplied by 1,000 to obtain the individual's nutrient intakes per 1,000 kilocalories (nutrient densities). Individual nutrient densities were totaled and divided by the number of individuals in the group to obtain the mean nutrient densities per individual for that group.

Food energy from protein, total fat, fatty acids, and carbohydrate (tables 8.1 and 8.2)--Each individual's intakes of protein, total fat, saturated fat, mono-unsaturated fat, polyunsaturated fat, and carbohydrate were summed over 4 days. Intakes of protein were multiplied by 4 kilocalories per gram; fat, by 9 kilocalories per gram; and carbohydrate, by 4 kilocalories per gram. Those values were divided by the sum of the individual's food energy intakes over 4 days and then multiplied by 100 to obtain the percentage of an individual's total food energy intake provided by each nutrient. Individual percentages were totaled and

divided by the number of individuals in the group to obtain the mean percentage per individual for that group. The general factors 4, 9, and 4 kilocalories per gram give estimates for a typical mixed diet (10). Alcohol is also an energy source and was included in determining total energy, but the percentage of food energy contributed by alcohol was not calculated.

Breakfast (tables 9.1 and 9.2)--Individuals were classified into five categories by the number of days they reported breakfast (0, 1, 2, 3, or 4 out of 4 days). The number of individuals in each category was divided by the total number of individuals in the group to obtain the percentage of individuals in that category.

Nutrient contribution of breakfast (tables 10.1 and 10.2)--An individual's intake of each dietary component from breakfast over 4 days was divided by the individual's total intake of that dietary component over 4 days, then multiplied by 100 to determine the percentage of the individual's intake of that dietary component that was provided by breakfast. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the percentage for that group.

Dietary data used in calculating the mean percentage contributions of breakfast to intakes of food energy and nutrients include 4 days' data for all individuals, whether or not they reported breakfast. If breakfast contributed zero percent of an individual's intake of a particular nutrient, zero percent was included in calculating the group mean.

Snacks (tables 11.1 and 11.2)--Individuals were classified into five categories by the number of days they reported any snacks (0, 1, 2, 3, or 4 out of 4 days). The number of individuals in each category was divided by the total number of individuals in the group to obtain the percentage of individuals in that category.

Nutrient contribution of snacks (tables 12.1 and 12.2)  
--An individual's intake of each dietary component from snacks over 4 days was divided by the individual's total intake of that dietary component over 4 days, then multiplied by 100 to determine the percentage of the individual's intake of that dietary component that was provided by snacks. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for that group.

Dietary data used in calculating the mean percentage contributions of snacks to intakes of food energy and nutrients include 4 days' data for all individuals, whether or not they reported snacks. If snacks contributed zero percent of an individual's intake of a particular nutrient, zero percent was included in calculating the group mean.

Food obtained and eaten away from home (tables 13.1 and 13.2)--Individuals were classified into five categories by the number of days they reported any food obtained and eaten away from home (0, 1, 2, 3, or 4 out of 4 days). The number of individuals in each category was divided by the total number of individuals in the group to obtain the percentage of individuals in that category.

Nutrient contribution of food obtained and eaten away from home (tables 14.1 and 14.2)--An individual's intake of each dietary component from food obtained and eaten away from home over 4 days was divided by the individual's total intake of that dietary component over 4 days, then multiplied by 100 to determine the percentage of the individual's intake of that dietary component that was provided by food away from home. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for that group.

Dietary data used in calculating the mean percentage contributions of food obtained and eaten away from home to intakes of food energy and nutrients include 4 days' data for all individuals, whether or not they reported food away from home. If food away from home contributed zero percent of an individual's intake of a particular nutrient, zero percent was included in calculating the group mean.

## Appendix C: The Panel Approach—Dietary Intakes and Sample Characteristics by Wave

The CSFII was the first nationwide dietary intake survey to employ a panel design--repeated observations of the same individual over a period of time. The CSFII panel was designed to include the collection of information from a sample of individuals on 6 days at approximately 2-month intervals over a 1-year period. The data are useful for a variety of purposes:

- o To estimate interindividual and intra-individual variation; that is, how food and nutrient intakes vary among individuals and how they vary for one individual over time.
- o To provide an estimate of an individual's typical dietary intake by including day-to-day variation in both the amounts and the types of foods eaten.
- o To estimate the prevalence of diets that meet or exceed nutritional standards and the food intakes associated with such diets.
- o To examine the distribution of nutrient intakes for specific population groups.
- o To examine the use of infrequently consumed foods.
- o To determine food sources of nutrients in diets.
- o To reflect more fully the variety of foods in an individual's diet.
- o To minimize effects of day of the week and season of the year in the collection of information.
- o To examine meal patterns.

In the CSFII 1986, the numbers of low-income women and children providing dietary data dropped substantially between the first and sixth waves of data

collection. Only 595 women and 307 children provided intake data for all 6 days. (See appendix A.) Similar attrition was seen in the CSFII 1985.

The mean food energy intake reported by women in the survey declined substantially between wave 1 and wave 2 (appendix table C2A). There were further, but smaller, declines following wave 2. Food energy intakes dropped by 6 percent between wave 1 and wave 2 for women who were interviewed in person in wave 2 and by 10 percent for those interviewed by telephone in wave 2.

The data in the appendix C tables are unweighted, and should not be interpreted as representative of the population. The data are intended to give readers information on differences in food and nutrient intakes on a wave-by-wave basis.



Table Number	Table Title	Page
C1	<u>Distribution of Women by Selected Characteristics and Level of Participation, low-income households, 1986 ....</u>	199
	<u>Mean Number of Food Items Coded and Mean Food Energy Intake for Individuals Participating in All Six Waves and for Individuals Participating in a Specified Wave, 1986 (tables C2A and C2B)</u>	
C2A	Low-income households .....	200
C2B	Low-income households by Food Stamp Program status ...	201
	<u>Percentage of Individuals Reporting Specified Amount of Food and Drink by Wave, 1986 (tables C3A and C3B)</u>	
C3A	Low-income households .....	202
C3B	Low-income households by Food Stamp Program status ...	203
	<u>Food Intakes: By wave, low-income households, 1986 (tables C4.1A to C4.2B)</u>	
C4.1A	Mean per individual in a day .....	204
C4.1B	Mean per individual in a day by Food Stamp Program status .....	205
C4.2A	Percentage of individuals using .....	206
C4.2B	Percentage of individuals using, by Food Stamp Program status .....	207

Table Number	Table Title	Page
	<u>Nutrient Intakes: Mean per individual in a day by wave,</u> <u>low-income households, 1986 (tables C5.1A to C5.2B)</u>	
C5.1A	Children .....	208
C5.1B	Children, by Food Stamp Program status .....	209
C5.2A	Women .....	210
C5.2B	Women, by Food Stamp Program status .....	211
	<u>Nutrient Intakes per 1,000 Kilocalories: Mean per</u> <u>individual in a day by wave, low-income households, 1986</u> <u>(tables C6.1A to C6.2B)</u>	
C6.1A	Children .....	212
C6.1B	Children, by Food Stamp Program status .....	213
C6.2A	Women .....	214
C6.2B	Women, by Food Stamp Program status .....	215
	<u>Mean Food Energy Intake by Income and Wave, 1986</u> <u>(tables C7A and C7B)</u>	
C7A	Low-income households .....	216
C7B	Low-income households, by Food Stamp Program status ..	217
	<u>Food Energy from Protein, Total Fat, Fatty Acids, and</u> <u>Carbohydrate: Mean per individual in a day by wave,</u> <u>1986 (tables C8A and C8B)</u>	
C8A	Low-income households .....	218
C8B	Low-income households, by Food Stamp Program status ..	219

Appendix Table C1.--Distribution of Women by Selected Characteristics and Level of Participation,  
Low-Income Households, 1986 (unweighted)

Characteristics	Individuals	Level of Participation					
		All	Five	Four	Three	Two	One
		Six	Waves	Waves	Waves	Waves	Wave
		Waves	Only	Only	Only	Only	Only
	Number	Percent					
All Women.....	1,320	45.1	18.6	8.6	7.1	10.8	9.8
Income Level:							
0-75% Poverty.....	586	47.8	17.9	8.7	7.7	9.6	8.4
76-130% Poverty.....	445	43.1	18.9	7.9	7.2	10.1	12.8
Over 130% Poverty....	155	45.8	18.7	9.0	7.1	9.0	10.3
0-100% Poverty.....	802	46.0	18.8	8.6	7.4	10.0	9.2
0-130% Poverty.....	1,031	45.8	18.3	8.3	7.5	9.8	10.3
Race:							
White.....	743	47.2	17.9	8.5	6.2	10.5	9.7
Black.....	407	43.5	19.9	8.4	8.4	11.3	8.6
Other.....	107	37.4	15.9	12.1	10.3	9.3	15.0
Region:							
Northeast.....	256	44.1	23.0	9.4	5.5	10.5	7.4
Midwest.....	256	48.8	16.4	10.2	7.4	10.2	7.0
South.....	476	47.3	18.9	7.4	6.1	11.3	9.0
West.....	332	39.8	16.3	8.4	9.6	10.8	15.1
Urbanization:							
Central Cities.....	489	39.1	21.9	9.4	8.2	11.0	10.4
Suburban Areas.....	408	43.6	18.1	7.8	7.6	13.7	9.1
Nonmetropolitan Areas	423	53.4	15.1	8.3	5.4	7.8	9.9
Presence of Children:							
1-5 Years of Age.....	617	42.1	18.0	10.2	8.1	13.0	8.6
1-18 Years of Age....	1,071	46.2	18.5	8.4	7.3	10.6	9.1

NOTE: Data in this table are unweighted and cannot be generalized to the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Appendix Table C2A.--Mean Number of Food Items Coded and Mean Food Energy Intake for Individuals Participating in All Six Waves and for Individuals Participating in Specified Wave, Low-Income Households, 1986 (unweighted)

Wave Number	Individuals Participating in All Six Waves			Individuals Participating in Specified Wave		
	Individuals	Food Items Coded	Food Energy	Individuals	Food Items Coded	Food Energy
	<u>Number</u>	<u>Number</u>	<u>Kilocalories</u>	<u>Number</u>	<u>Number</u>	<u>Kilocalories</u>
Children:						
1.....	307	13.0	1,387	762	13.2	1,432
2.....	307	13.3	1,420	583	13.5	1,408
3.....	307	12.6	1,321	499	13.1	1,386
4.....	307	12.7	1,342	478	12.9	1,375
5.....	307	12.8	1,359	464	12.8	1,363
6.....	307	12.8	1,429	466	13.0	1,472
Women:						
1.....	595	12.2	1,583	1,320	11.7	1,538
2.....	595	12.3	1,457	1,051	11.9	1,422
3.....	595	11.3	1,377	946	11.3	1,393
4.....	595	11.3	1,388	904	11.3	1,383
5.....	595	11.0	1,342	848	11.1	1,347
6.....	595	11.5	1,434	876	11.5	1,410

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population.  
See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.



Wave Number	Individuals Participating in All Six Waves						Individuals Participating in Specified Wave					
	Individuals		Food Items Coded		Food Energy		Individuals		Food Items Coded		Food Energy	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
1	1	1	1	1	1	1	1	1	1	1	1	1
2	1	1	1	1	1	1	1	1	1	1	1	1
3	1	1	1	1	1	1	1	1	1	1	1	1
4	1	1	1	1	1	1	1	1	1	1	1	1
5	1	1	1	1	1	1	1	1	1	1	1	1
6	1	1	1	1	1	1	1	1	1	1	1	1
7	1	1	1	1	1	1	1	1	1	1	1	1
8	1	1	1	1	1	1	1	1	1	1	1	1
9	1	1	1	1	1	1	1	1	1	1	1	1
10	1	1	1	1	1	1	1	1	1	1	1	1
11	1	1	1	1	1	1	1	1	1	1	1	1
12	1	1	1	1	1	1	1	1	1	1	1	1
13	1	1	1	1	1	1	1	1	1	1	1	1
14	1	1	1	1	1	1	1	1	1	1	1	1
15	1	1	1	1	1	1	1	1	1	1	1	1
16	1	1	1	1	1	1	1	1	1	1	1	1
17	1	1	1	1	1	1	1	1	1	1	1	1
18	1	1	1	1	1	1	1	1	1	1	1	1
19	1	1	1	1	1	1	1	1	1	1	1	1
20	1	1	1	1	1	1	1	1	1	1	1	1
21	1	1	1	1	1	1	1	1	1	1	1	1
22	1	1	1	1	1	1	1	1	1	1	1	1
23	1	1	1	1	1	1	1	1	1	1	1	1
24	1	1	1	1	1	1	1	1	1	1	1	1
25	1	1	1	1	1	1	1	1	1	1	1	1
26	1	1	1	1	1	1	1	1	1	1	1	1
27	1	1	1	1	1	1	1	1	1	1	1	1
28	1	1	1	1	1	1	1	1	1	1	1	1
29	1	1	1	1	1	1	1	1	1	1	1	1
30	1	1	1	1	1	1	1	1	1	1	1	1
31	1	1	1	1	1	1	1	1	1	1	1	1
32	1	1	1	1	1	1	1	1	1	1	1	1
33	1	1	1	1	1	1	1	1	1	1	1	1
34	1	1	1	1	1	1	1	1	1	1	1	1
35	1	1	1	1	1	1	1	1	1	1	1	1
36	1	1	1	1	1	1	1	1	1	1	1	1
37	1	1	1	1	1	1	1	1	1	1	1	1
38	1	1	1	1	1	1	1	1	1	1	1	1
39	1	1	1									

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population.  
See also "Table Notes for Appendix C."  
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Appendix Table C3A.--Percentage of Individuals Reporting Specified Amount of Food and Drink by Wave, Low-Income Households, 1986 (unweighted)

	:	:	Amount of Food and Drink		
	:	:			
Wave Number	Individuals	:			
	:	:	Less Than	Usual	More Than
	:	:	Usual		Usual
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			
	:	:			

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Appendix Table C3B.--Percentage of Individuals Reporting Specified Amount of Food and Drink by Wave, by Food Stamp Program Status, Low-Income Households, 1986 (unweighted)

Wave Number	Individuals		Amount of Food and Drink							
			Less Than Usual		Usual		More Than Usual			
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
Children:										
1.....	407	355	12.5	16.1	81.8	82.0	4.9	2.0		
2.....	310	273	14.8	18.7	79.4	77.7	5.8	3.7		
3.....	269	230	18.6	15.2	71.7	82.2	8.9	1.7		
4.....	239	239	18.0	20.5	77.0	75.7	4.6	3.3		
5.....	245	219	18.0	17.4	76.7	77.6	2.9	4.1		
6.....	245	221	14.7	16.3	81.6	81.4	2.9	1.8		
Women:										
1.....	586	734	29.5	24.8	62.1	66.9	8.4	8.2		
2.....	457	594	36.1	33.0	57.5	59.4	6.3	7.4		
3.....	404	542	34.9	30.6	57.2	60.7	7.2	7.9		
4.....	368	535	34.0	33.1	57.9	58.5	7.6	7.9		
5.....	354	493	35.0	32.5	59.6	62.5	5.4	4.5		
6.....	364	511	35.2	28.8	57.1	65.4	6.3	5.7		

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Appendix Table C4.1A.--Food Intakes: Mean per Individual in a Day by Wave, Low-Income Households, 1986 (unweighted)

Wave Number	Individuals	Meat, Poultry, Fish	Milk and Milk Products	Eggs	Nuts, Seeds	Legumes, Vegetables	Fruits	Grain Products	Fats and Oils	Sugars and Sweets	Beverages
	Number										
Children:											
1.....	762	115	431	23	20	94	153	218	5	20	186
2.....	583	108	415	22	25	92	159	195	5	21	263
3.....	499	106	431	18	32	96	133	193	4	25	197
4.....	478	110	399	19	24	90	145	215	5	19	180
5.....	464	108	397	19	24	95	165	215	5	15	154
6.....	466	113	417	26	21	105	155	241	6	21	180
Women:											
1.....	1,320	178	206	24	23	147	103	205	10	16	733
2.....	1,051	152	183	24	23	146	122	180	10	16	749
3.....	946	152	182	23	27	145	107	193	10	14	669
4.....	904	166	181	21	22	139	103	193	9	14	654
5.....	848	159	169	22	24	132	91	206	9	13	621
6.....	876	155	181	26	25	136	104	205	12	15	650

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Appendix Table C4.1B.--Food Intakes: Mean per Individual in a Day by Wave, by Food Stamp Program Status,  
Low-Income Households, 1986 (unweighted)

Wave Number	: Individuals :		: Meat, Poultry, Fish :		: Milk and Milk Products :		: Eggs :		: Legumes, Nuts, Seeds :		: Vegetables :	
	:		:		:		:		:		:	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Number-----												
-----Grams-----												
Children:												
1.....	407	355	114	116	428	434	24	21	24	15	97	91
2.....	310	273	115	101	397	437	25	17	30	20	94	89
3.....	269	230	117	93	412	454	20	17	37	26	96	95
4.....	239	239	115	105	390	408	19	18	23	25	88	93
5.....	245	219	113	103	385	410	20	17	23	25	116	71
6.....	245	221	107	118	425	407	28	23	22	20	112	97
Women:												
1.....	586	734	176	181	172	234	23	24	27	20	147	148
2.....	457	594	158	147	161	199	25	23	24	23	137	154
3.....	404	542	149	154	162	197	25	22	35	22	144	147
4.....	368	535	167	165	170	189	23	20	27	19	118	154
5.....	354	493	161	159	150	182	23	22	25	24	132	132
6.....	364	511	154	156	173	186	29	24	34	19	130	140
-----Grams-----												
Children:												
1.....	135	173	231	202	4	5	22	18	189	181		
2.....	146	173	195	195	5	6	20	23	251	278		
3.....	119	151	201	184	5	4	27	23	205	188		
4.....	136	153	229	201	5	5	19	19	160	200		
5.....	150	180	219	211	6	4	11	21	159	148		
6.....	138	174	250	231	5	7	19	23	192	167		
Women:												
1.....	99	106	213	198	9	11	16	17	717	745		
2.....	115	128	177	183	8	11	16	15	748	750		
3.....	109	106	196	190	8	11	10	17	668	669		
4.....	114	97	206	184	7	11	15	14	617	680		
5.....	82	97	196	214	9	9	14	13	581	651		
6.....	109	100	218	197	10	13	13	16	607	681		

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population.  
See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.





Appendix Table C4.2B.--Food Intakes: Percentage of Individuals Using by Wave, by Food Stamp Program Status,  
Low-Income Households, 1986 (unweighted)

Wave Number	Individuals		Meat, Poultry, Fish		Milk and Milk Products		Eggs		Legumes, Nuts, Seeds		Vegetables	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Number-----												
-----Percent-----												
Children:												
1.....	407	355	89.9	87.3	92.1	94.6	41.5	34.9	33.9	27.3	73.0	72.1
2.....	310	273	90.0	90.1	90.3	95.2	35.8	29.7	33.9	28.6	79.0	72.2
3.....	269	230	90.7	84.3	93.3	94.8	32.3	30.9	37.9	28.7	74.3	79.6
4.....	239	239	89.1	85.4	93.7	91.6	28.9	31.8	31.4	33.9	68.6	76.2
5.....	245	219	89.8	84.0	89.8	92.7	29.4	29.2	35.5	33.8	77.6	68.9
6.....	245	221	90.6	91.9	96.7	91.0	39.6	34.4	34.7	28.1	72.7	76.5
Women:												
1.....	586	734	88.9	89.2	62.5	68.5	32.1	30.0	18.4	18.3	73.9	77.7
2.....	457	594	89.5	86.2	60.6	69.4	33.9	30.5	17.1	19.5	76.8	80.3
3.....	404	542	84.7	84.1	61.4	65.5	30.0	30.1	20.0	18.6	67.8	78.8
4.....	368	535	85.1	86.0	62.8	66.4	31.3	25.4	18.2	15.7	67.7	78.1
5.....	354	493	82.5	86.0	60.2	68.8	29.4	28.0	18.6	18.9	65.8	70.8
6.....	364	511	83.0	87.9	62.9	69.1	34.1	29.0	20.6	17.8	65.7	73.4
-----Number-----												
-----Percent-----												
	Fruits		Grain Products		Fats and Oils		Sugars and Sweets		Beverages			
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
Children:												
1.....	54.1	65.1	98.0	98.3	43.2	47.3	50.6	47.9	57.0	56.1		
2.....	57.1	60.8	99.0	97.1	42.9	47.3	55.2	54.6	73.9	63.4		
3.....	52.8	57.8	98.9	98.7	48.7	47.8	51.3	48.3	63.2	59.6		
4.....	52.7	60.3	99.6	99.2	45.2	45.2	52.7	49.0	56.1	59.0		
5.....	58.0	63.0	98.0	98.6	50.6	49.3	43.7	47.0	51.8	51.1		
6.....	55.1	61.5	98.8	99.1	44.9	49.3	42.9	57.0	60.8	51.1		
Women:												
1.....	36.5	40.3	92.5	91.8	49.1	54.8	46.8	46.6	85.5	85.1		
2.....	37.2	44.3	87.1	90.2	50.5	55.2	42.5	49.3	87.3	87.5		
3.....	34.2	38.0	90.3	91.7	46.5	54.1	42.6	48.9	85.4	86.5		
4.....	35.1	37.9	91.8	92.7	49.7	53.8	48.1	49.3	82.6	86.4		
5.....	33.3	39.6	91.8	92.7	50.6	52.7	48.9	48.9	85.0	85.6		
6.....	36.0	38.7	90.7	91.6	50.5	55.2	43.4	50.9	84.6	85.1		

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population.  
See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Appendix Table C5.1A.--Nutrient Intakes: Mean per Individual in a Day by Wave, Low-Income Households, 1986 (unweighted)

## Children

Food Energy, Nutrients, and Dietary Components	Unit	Wave Number					
		1	2	3	4	5	6
		:	:	:	:	:	:
Individuals.....	Number	762	583	499	478	464	466
Food Energy .....	Kilocalories	1,432	1,408	1,386	1,375	1,363	1,472
Protein.....	Grams	58.1	54.9	55.5	53.7	53.8	58.1
Total Fat.....	Grams	59.1	55.2	55.7	56.0	53.8	59.9
Saturated Fat.....	Grams	23.9	22.4	22.5	22.1	21.3	23.8
Monounsaturated Fat.....	Grams	21.8	20.2	20.5	20.5	19.8	22.1
Polyunsaturated Fat.....	Grams	9.2	8.7	8.7	9.4	8.8	9.9
Cholesterol.....	Grams	297	286	266	256	252	291
Carbohydrate.....	Grams	170.7	177.4	169.7	168.0	170.0	178.9
Fiber.....	Grams	8.8	8.9	8.7	8.9	9.0	8.9
Vitamin A.....	IU	4,220	4,627	4,091	4,107	3,941	4,089
Vitamin A.....	RE	847	942	785	846	769	818
Carotenes.....	RE	215	228	224	197	211	210
Vitamin E.....	Alpha-TE	6.1	5.9	5.4	5.4	5.2	5.3
Ascorbic Acid.....	Milligrams	79	84	78	74	82	87
Thiamin.....	Milligrams	1.20	1.18	1.10	1.12	1.17	1.19
Riboflavin.....	Milligrams	1.72	1.71	1.64	1.60	1.59	1.70
Niacin.....	Milligrams	14.4	14.4	13.8	13.3	13.8	14.5
Vitamin B-6.....	Milligrams	1.25	1.29	1.22	1.20	1.22	1.26
Folacin.....	Micrograms	194	207	199	193	202	206
Vitamin B-12.....	Micrograms	4.63	5.27	4.26	4.61	4.04	4.53
Calcium.....	Milligrams	841	792	799	750	769	810
Phosphorus.....	Milligrams	1,058	999	995	960	974	1,030
Magnesium.....	Milligrams	188	187	188	181	184	189
Iron.....	Milligrams	10.4	10.1	9.5	9.8	9.7	10.4
Zinc.....	Milligrams	8.1	7.8	7.8	7.6	7.4	8.2
Copper.....	Milligrams	.8	.8	.8	.8	.8	.8
Sodium.....	Milligrams	2,184	2,021	2,019	2,036	2,051	2,245
Potassium.....	Milligrams	1,897	1,874	1,891	1,828	1,852	1,931

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Appendix Table C5.1B.--Nutrient Intakes: Mean per Individual in a Day by Wave, by Food Stamp Program Status, Low-Income Households, 1986 (unweighted)

Children

Food Energy, Nutrients, and Dietary Components	Unit	Wave Number											
		1		2		3		4		5		6	
		FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
		:	:	:	:	:	:	:	:	:	:	:	:
Individuals.....	Number	407	355	310	273	269	230	239	239	245	219	245	221
Food Energy .....	Kilocalories	1,455	1,406	1,408	1,409	1,413	1,355	1,371	1,379	1,396	1,327	1,474	1,469
Protein.....	Grams	59.1	56.9	56.2	53.5	57.5	53.1	54.2	53.1	55.0	52.5	58.4	57.7
Total Fat.....	Grams	60.9	57.1	56.4	53.8	57.2	53.9	56.4	55.7	56.3	51.0	60.4	59.4
Saturated Fat.....	Grams	24.5	23.2	22.7	22.0	22.6	22.4	22.1	22.2	21.8	20.8	23.8	23.7
Monounsaturated Fat.....	Grams	22.5	21.0	20.9	19.5	21.2	19.5	20.7	20.4	20.8	18.7	22.4	21.8
Polyunsaturated Fat.....	Grams	9.6	8.8	8.8	8.5	9.2	8.2	9.7	9.1	9.6	7.9	9.9	9.8
Cholesterol.....	Grams	313	278	304	265	283	247	260	252	259	244	301	280
Carbohydrate.....	Grams	171.0	170.3	172.7	182.9	170.8	168.5	165.3	170.7	171.3	168.5	177.9	179.9
Fiber.....	Grams	8.7	8.9	8.8	8.9	8.9	8.4	8.7	9.1	9.5	8.5	8.9	8.9
Vitamin A.....	IU	3,802	4,700	4,452	4,826	3,912	4,299	4,176	4,038	4,365	3,467	4,175	3,994
Vitamin A.....	RE	763	943	881	1,010	773	800	928	764	836	694	806	832
Carotenes.....	RE	195	239	232	223	203	249	167	227	241	178	229	189
Vitamin E.....	Alpha-TE	6.5	5.6	5.9	5.9	5.2	5.7	5.6	5.2	5.5	4.8	5.4	5.2
Ascorbic Acid.....	Milligrams	73	86	80	88	81	75	76	73	84	80	88	86
Thiamin.....	Milligrams	1.22	1.17	1.20	1.15	1.12	1.07	1.15	1.08	1.24	1.09	1.24	1.13
Riboflavin.....	Milligrams	1.72	1.71	1.67	1.76	1.64	1.64	1.62	1.57	1.63	1.55	1.71	1.68
Niacin.....	Milligrams	14.5	14.3	14.8	13.9	14.4	13.0	13.5	13.1	14.7	12.8	15.1	13.9
Vitamin B-6.....	Milligrams	1.23	1.27	1.31	1.26	1.22	1.22	1.20	1.21	1.27	1.16	1.31	1.21
Folacin.....	Micrograms	198	189	211	202	204	194	195	190	210	192	210	201
Vitamin B-12.....	Micrograms	4.26	5.06	4.87	5.73	4.26	4.27	5.24	3.98	4.31	3.75	3.97	5.14
Calcium.....	Milligrams	849	832	763	825	770	831	739	761	762	778	807	814
Phosphorus.....	Milligrams	1,076	1,038	990	1,009	999	990	955	964	984	962	1,033	1,028
Magnesium.....	Milligrams	189	187	186	187	190	186	179	184	187	182	192	187
Iron.....	Milligrams	10.5	10.3	10.5	9.6	9.7	9.2	10.0	9.6	10.1	9.2	10.7	10.1
Zinc.....	Milligrams	8.1	8.1	8.1	7.5	8.1	7.4	7.5	7.7	7.4	7.3	8.1	8.4
Copper.....	Milligrams	.8	.8	.8	.8	.8	.7	.8	.8	.8	.7	.8	.8
Sodium.....	Milligrams	2,297	2,054	2,052	1,986	2,060	1,972	2,061	2,011	2,146	1,946	2,274	2,213
Potassium.....	Milligrams	1,881	1,916	1,863	1,885	1,892	1,890	1,794	1,862	1,908	1,789	1,926	1,938

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Appendix Table C5.2A.--Nutrient Intakes: Mean per Individual in a Day by Wave, Low-Income Households, 1986 (unweighted)

Women

Food Energy, Nutrients, and Dietary Components	Unit	Wave Number					
		1	2	3	4	5	6
		:	:	:	:	:	:
Individuals.....	Number	1,320	1,051	946	904	848	876
Food Energy .....	Kilocalories	1,538	1,422	1,393	1,383	1,347	1,410
Protein.....	Grams	63.6	56.9	56.3	58.1	56.7	57.8
Total Fat.....	Grams	62.9	56.1	55.2	55.9	54.3	57.6
Saturated Fat.....	Grams	22.9	20.5	20.1	20.3	19.6	20.8
Monounsaturated Fat.....	Grams	23.9	21.3	21.0	21.2	20.8	21.9
Polyunsaturated Fat.....	Grams	11.6	10.1	10.1	10.4	10.0	10.7
Cholesterol.....	Grams	322	303	292	289	284	297
Carbohydrate.....	Grams	179.9	173.2	167.6	162.2	158.0	164.7
Fiber.....	Grams	10.0	9.5	9.3	8.9	8.9	8.8
Vitamin A.....	IU	4,395	4,738	4,340	4,960	4,479	3,964
Vitamin A.....	RE	773	823	790	897	751	714
Carotenes.....	RE	281	305	262	303	302	244
Vitamin E.....	Alpha-TE	6.3	6.1	5.7	5.9	5.4	5.7
Ascorbic Acid.....	Milligrams	74	76	72	67	65	68
Thiamin.....	Milligrams	1.12	1.05	1.01	.99	1.01	1.03
Riboflavin.....	Milligrams	1.37	1.28	1.24	1.25	1.19	1.24
Niacin.....	Milligrams	16.1	14.9	14.5	15.1	14.4	14.9
Vitamin B-6.....	Milligrams	1.16	1.10	1.06	1.08	1.03	1.06
Folic acid.....	Micrograms	189	187	189	176	168	179
Vitamin B-12.....	Micrograms	4.80	4.92	4.80	5.59	4.64	4.47
Calcium.....	Milligrams	604	540	529	536	519	536
Phosphorus.....	Milligrams	987	882	868	876	867	886
Magnesium.....	Milligrams	196	180	178	178	174	177
Iron.....	Milligrams	10.2	9.6	9.5	9.7	9.3	9.5
Zinc.....	Milligrams	9.0	8.3	8.0	8.3	7.9	8.2
Copper.....	Milligrams	1.0	.9	.9	.9	.9	.9
Sodium.....	Milligrams	2,441	2,205	2,215	2,201	2,248	2,304
Potassium.....	Milligrams	1,974	1,848	1,802	1,810	1,751	1,793

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Appendix Table C5.2B.--Nutrient Intakes: Mean per Individual in a Day by Wave, by Food Stamp Program Status, Low-Income Households, 1986 (unweighted)

Women

Food Energy, Nutrients, and Dietary Components	Unit	Wave Number											
		1		2		3		4		5		6	
		FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
		:	:	:	:	:	:	:	:	:	:	:	:
Individuals.....	Number	586	734	457	594	404	542	368	535	354	493	364	511
Food Energy .....	Kilocalories	1,498	1,569	1,398	1,440	1,360	1,417	1,363	1,396	1,306	1,377	1,412	1,409
Protein.....	Grams	61.5	65.3	57.2	56.7	55.2	57.1	56.3	59.3	54.8	58.1	58.0	57.6
Total Fat.....	Grams	60.9	64.5	55.4	56.6	53.7	56.4	55.0	56.5	53.5	54.9	57.7	57.6
Saturated Fat.....	Grams	22.0	23.6	20.2	20.7	19.5	20.5	20.1	20.3	19.1	20.1	21.0	20.6
Monounsaturated Fat.....	Grams	23.3	24.4	21.2	21.4	20.7	21.2	21.2	21.2	20.5	21.0	22.1	21.7
Polyunsaturated Fat.....	Grams	11.2	11.9	9.8	10.4	9.5	10.6	9.6	10.9	10.1	9.9	10.2	11.1
Cholesterol.....	Grams	319	326	318	291	296	289	291	286	281	286	309	288
Carbohydrate.....	Grams	176.5	182.7	168.2	177.2	163.1	170.9	160.8	163.1	150.6	163.3	164.9	164.4
Fiber.....	Grams	9.7	10.3	8.9	9.9	9.5	9.2	8.7	9.0	8.4	9.3	8.8	8.9
Vitamin A.....	IU	3,897	4,792	4,736	4,739	4,941	3,892	4,356	5,382	4,254	4,643	3,921	3,968
Vitamin A.....	RE	668	856	906	760	958	665	761	992	680	802	692	728
Carotenes.....	RE	256	301	263	337	269	257	280	320	304	301	248	238
Vitamin E.....	Alpha-TE	6.3	6.3	5.9	6.3	5.5	5.9	5.3	6.2	5.0	5.6	5.7	5.8
Ascorbic Acid.....	Milligrams	71	77	71	79	74	70	67	66	59	69	72	65
Thiamin.....	Milligrams	1.10	1.13	1.03	1.07	1.01	1.01	1.00	.99	.99	1.02	1.07	1.00
Riboflavin.....	Milligrams	1.29	1.43	1.25	1.31	1.25	1.23	1.19	1.30	1.09	1.25	1.22	1.26
Niacin.....	Milligrams	15.6	16.4	14.9	14.8	14.3	14.6	14.3	15.7	13.9	14.8	14.7	15.0
Vitamin B-6.....	Milligrams	1.12	1.19	1.08	1.12	1.05	1.06	1.00	1.13	.99	1.06	1.05	1.07
Folacin.....	Micrograms	186	192	180	192	201	181	172	179	154	178	183	176
Vitamin B-12.....	Micrograms	4.04	5.40	5.98	4.10	5.81	4.05	4.61	6.27	4.39	4.82	4.32	4.59
Calcium.....	Milligrams	554	644	507	564	504	548	519	547	477	548	519	547
Phosphorus.....	Milligrams	940	1,025	863	896	841	887	847	896	825	897	879	891
Magnesium.....	Milligrams	187	203	173	185	174	180	171	183	165	181	174	179
Iron.....	Milligrams	10.1	10.3	9.5	9.7	9.8	9.4	9.5	9.8	8.7	9.7	9.6	9.5
Zinc.....	Milligrams	8.7	9.2	8.4	8.2	8.1	7.9	8.2	8.4	7.4	8.2	8.2	8.2
Copper.....	Milligrams	.9	1.0	.9	.9	.9	.9	.9	1.0	.8	.9	.9	.9
Sodium.....	Milligrams	2,424	2,455	2,189	2,218	2,195	2,230	2,190	2,207	2,226	2,266	2,356	2,268
Potassium.....	Milligrams	1,877	2,051	1,779	1,902	1,766	1,830	1,725	1,868	1,662	1,815	1,778	1,804

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Appendix Table C6.1A.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual in a Day by Wave, Low-Income Households, 1986 (unweighted)

Children

Mean Food Energy and Nutrients and Dietary Components per 1,000 Kilocalories	Unit	Wave Number					
		1	2	3	4	5	6
Individuals.....	Number	762	583	499	478	464	466
Food Energy .....	Kilocalories	1,432	1,408	1,386	1,375	1,363	1,472
Protein.....	Grams	40.9	39.2	40.6	39.5	40.3	40.2
Total Fat.....	Grams	40.7	38.7	39.8	39.9	38.9	39.9
Saturated Fat.....	Grams	16.4	15.7	16.1	15.8	15.5	15.9
Monounsaturated Fat.....	Grams	15.0	14.1	14.6	14.6	14.3	14.7
Polyunsaturated Fat.....	Grams	6.4	6.0	6.2	6.6	6.3	6.5
Cholesterol.....	Grams	213	207	201	191	192	203
Carbohydrate.....	Grams	120.2	126.9	122.7	123.5	125.0	122.5
Fiber.....	Grams	6.2	6.2	6.2	6.5	6.7	6.0
Vitamin A.....	IU	3,009	3,247	3,067	3,062	2,837	3,048
Vitamin A.....	RE	608	667	601	620	554	625
Carotenes.....	RE	151	156	162	152	153	149
Vitamin E.....	Alpha-TE	4.3	4.1	4.3	4.1	3.9	3.7
Ascorbic Acid.....	Milligrams	58	60	58	60	64	62
Thiamin.....	Milligrams	.85	.84	.82	.83	.88	.84
Riboflavin.....	Milligrams	1.23	1.24	1.23	1.18	1.19	1.21
Niacin.....	Milligrams	10.2	10.4	10.2	9.8	10.3	10.2
Vitamin B-6.....	Milligrams	.89	.93	.92	.90	.93	.90
Folic acid.....	Micrograms	139	150	150	149	157	146
Vitamin B-12.....	Micrograms	3.35	3.79	3.26	3.36	2.95	3.67
Calcium.....	Milligrams	596	569	592	555	574	561
Phosphorus.....	Milligrams	744	710	729	704	723	710
Magnesium.....	Milligrams	135	133	137	134	138	131
Iron.....	Milligrams	7.4	7.3	7.1	7.3	7.2	7.3
Zinc.....	Milligrams	5.7	5.6	5.7	5.6	5.5	5.7
Copper.....	Milligrams	.6	.6	.5	.6	.6	.6
Sodium.....	Milligrams	1,519	1,430	1,481	1,486	1,500	1,551
Potassium.....	Milligrams	1,359	1,334	1,376	1,357	1,391	1,346

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.



Appendix Table C6.1B.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual in a Day by Wave, by Food Stamp Program Status, Low-Income Households, 1986 (unweighted)

Children

Mean Food Energy and Nutrients and Dietary Components per 1,000 Kilocalories	Unit	Wave Number											
		1	2	3	4	5	6						
		FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
		:	:	:	:	:	:	:	:	:	:	:	:
Individuals.....	Number	407	355	310	273	269	230	239	239	245	219	245	221
Food Energy .....	Kilocalories	1,455	1,406	1,408	1,409	1,413	1,355	1,371	1,379	1,396	1,327	1,474	1,469
Protein.....	Grams	41.2	40.6	39.9	38.5	41.6	39.4	40.0	39.0	40.3	40.3	40.4	40.0
Total Fat.....	Grams	41.2	40.0	39.5	37.8	40.4	39.0	40.4	39.5	39.9	37.8	40.3	39.5
Saturated Fat.....	Grams	16.6	16.2	16.0	15.5	16.0	16.3	15.8	15.9	15.6	15.4	16.0	15.8
Monounsaturated Fat.....	Grams	15.2	14.7	14.5	13.6	15.0	14.1	14.9	14.4	14.8	13.8	14.9	14.4
Polyunsaturated Fat.....	Grams	6.5	6.2	6.2	5.9	6.4	5.9	6.8	6.5	6.7	5.9	6.5	6.5
Cholesterol.....	Grams	221	205	216	196	216	184	193	188	191	193	206	200
Carbohydrate.....	Grams	118.4	122.4	124.1	130.1	119.9	126.0	121.7	125.3	122.7	127.6	121.4	123.7
Fiber.....	Grams	6.1	6.5	6.1	6.3	6.2	6.1	6.5	6.5	7.0	6.5	6.1	5.9
Vitamin A.....	IU	2,675	3,391	3,094	3,421	2,926	3,232	3,043	3,081	3,009	2,644	2,959	3,147
Vitamin A.....	RE	540	686	630	710	590	615	661	579	571	535	572	683
Carotenes.....	RE	135	170	152	161	146	181	129	176	169	134	161	134
Vitamin E.....	Alpha-TE	4.7	3.9	4.3	4.0	4.1	4.4	4.3	3.8	4.1	3.7	3.8	3.5
Ascorbic Acid.....	Milligrams	52	63	58	63	58	57	62	58	62	66	59	65
Thiamin.....	Milligrams	.86	.84	.86	.83	.83	.82	.86	.80	.91	.84	.88	.79
Riboflavin.....	Milligrams	1.22	1.24	1.21	1.28	1.20	1.26	1.19	1.18	1.18	1.20	1.21	1.21
Niacin.....	Milligrams	10.3	10.2	10.7	10.0	10.5	9.8	10.1	9.6	10.8	9.9	10.5	9.9
Vitamin B-6.....	Milligrams	.88	.91	.94	.91	.90	.93	.89	.90	.95	.91	.93	.87
Folacin.....	Micrograms	140	137	155	144	150	150	151	146	158	155	148	143
Vitamin B-12.....	Micrograms	3.00	3.75	3.61	4.00	3.23	3.29	3.74	2.98	2.92	2.98	2.77	4.68
Calcium.....	Milligrams	593	599	544	597	556	633	542	567	554	596	562	560
Phosphorus.....	Milligrams	745	743	700	722	717	743	701	707	714	733	712	706
Magnesium.....	Milligrams	133	137	131	134	134	139	132	136	136	140	132	129
Iron.....	Milligrams	7.5	7.4	7.7	6.9	7.1	7.0	7.5	7.1	7.3	7.2	7.5	7.0
Zinc.....	Milligrams	5.6	5.7	5.8	5.4	5.8	5.5	5.5	5.7	5.4	5.5	5.6	5.8
Copper.....	Milligrams	.5	.6	.6	.6	.6	.5	.6	.6	.6	.5	.5	.6
Sodium.....	Milligrams	1,573	1,457	1,458	1,399	1,514	1,444	1,536	1,435	1,536	1,460	1,569	1,531
Potassium.....	Milligrams	1,322	1,401	1,315	1,356	1,348	1,407	1,328	1,386	1,387	1,396	1,333	1,362

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.



Appendix Table C6.2A.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual in a Day by Wave, Low-Income Households, 1986 (unweighted)

Women

Mean Food Energy and Nutrients and Dietary Components per 1,000 Kilocalories	Unit	Wave Number					
		1	2	3	4	5	6
Individuals.....	Number	1,320	1,051	946	904	848	876
Food Energy .....	Kilocalories	1,538	1,422	1,393	1,383	1,347	1,410
Protein.....	Grams	42.0	41.2	41.3	42.8	43.2	42.0
Total Fat.....	Grams	39.8	38.6	38.8	38.8	38.6	39.0
Saturated Fat.....	Grams	14.5	14.0	14.0	14.0	13.9	14.0
Monounsaturated Fat.....	Grams	15.2	14.7	14.8	14.7	14.7	14.8
Polyunsaturated Fat.....	Grams	7.3	7.0	7.1	7.2	7.2	7.3
Cholesterol.....	Grams	212	219	208	209	214	219
Carbohydrate.....	Grams	118.4	122.4	119.6	118.4	120.2	118.3
Fiber.....	Grams	6.8	6.8	6.7	6.7	6.8	6.4
Vitamin A.....	IU	2,950	3,538	3,206	3,597	3,515	2,975
Vitamin A.....	RE	504	591	584	610	597	526
Carotenes.....	RE	195	238	194	240	232	188
Vitamin E.....	Alpha-TE	4.0	4.2	3.9	4.1	3.8	4.1
Ascorbic Acid.....	Milligrams	52	58	55	53	54	58
Thiamin.....	Milligrams	.74	.75	.73	.72	.75	.75
Riboflavin.....	Milligrams	.89	.90	.89	.88	.89	.90
Niacin.....	Milligrams	11.0	11.1	10.8	11.8	11.3	11.7
Vitamin B-6.....	Milligrams	.77	.79	.77	.79	.79	.80
Folacin.....	Micrograms	129	139	138	133	133	135
Vitamin B-12.....	Micrograms	3.08	3.37	3.59	3.59	3.72	3.27
Calcium.....	Milligrams	395	383	377	389	389	388
Phosphorus.....	Milligrams	645	632	627	640	655	638
Magnesium.....	Milligrams	138	138	132	147	137	145
Iron.....	Milligrams	6.9	7.0	7.0	7.3	7.2	7.2
Zinc.....	Milligrams	5.9	6.0	5.9	6.1	6.0	6.1
Copper.....	Milligrams	.7	.7	.7	.7	.7	.7
Sodium.....	Milligrams	1,618	1,559	1,656	1,641	1,701	1,689
Potassium.....	Milligrams	1,407	1,443	1,361	1,522	1,396	1,511

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Appendix Table C6.2B.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual in a Day by Wave, by Food Stamp Program Status, Low-Income Households, 1986 (unweighted)

Women

Mean Food Energy and Nutrients and Dietary Components per 1,000 Kilocalories	Unit	Wave Number											
		1		2		3		4		5		6	
		FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
		:	:	:	:	:	:	:	:	:	:	:	:
Individuals.....	Number	586	734	457	594	404	542	368	535	354	493	364	511
Food Energy .....	Kilocalories	1,498	1,569	1,398	1,440	1,360	1,417	1,363	1,396	1,306	1,377	1,412	1,409
Protein.....	Grams	41.7	42.2	41.8	40.6	41.7	41.0	42.1	43.3	42.8	43.4	42.1	41.9
Total Fat.....	Grams	39.9	39.8	38.5	38.6	38.6	39.0	39.0	38.6	39.1	38.3	38.5	39.4
Saturated Fat.....	Grams	14.3	14.6	14.0	14.1	13.9	14.1	14.1	13.9	13.9	14.0	13.9	14.1
Monounsaturated Fat.....	Grams	15.3	15.1	14.8	14.6	14.9	14.6	15.0	14.5	14.9	14.6	14.7	14.8
Polyunsaturated Fat.....	Grams	7.4	7.3	6.8	7.1	6.8	7.4	6.9	7.5	7.5	6.9	6.9	7.7
Cholesterol.....	Grams	220	205	235	207	215	203	215	205	220	209	227	213
Carbohydrate.....	Grams	118.7	118.1	121.1	123.3	118.1	120.6	117.9	118.7	119.0	121.0	117.8	118.6
Fiber.....	Grams	6.7	6.8	6.5	7.1	6.7	6.7	6.7	6.7	6.5	6.9	6.4	6.4
Vitamin A.....	IU	2,689	3,158	3,653	3,450	3,742	2,807	3,376	3,753	3,578	3,470	2,830	3,058
Vitamin A.....	RE	461	539	674	528	741	467	569	639	617	583	489	550
Carotenes.....	RE	176	210	215	257	197	191	227	249	233	233	184	188
Vitamin E.....	Alpha-TE	4.1	4.0	4.1	4.3	3.8	4.1	3.8	4.2	3.7	3.9	4.1	4.2
Ascorbic Acid.....	Milligrams	51	53	56	60	52	58	55	53	53	54	63	54
Thiamin.....	Milligrams	.74	.73	.75	.76	.75	.72	.73	.71	.76	.75	.79	.73
Riboflavin.....	Milligrams	.87	.90	.90	.90	.93	.86	.86	.90	.86	.91	.89	.91
Niacin.....	Milligrams	10.7	11.3	11.6	10.7	10.9	10.7	11.4	12.0	11.2	11.4	11.7	11.6
Vitamin B-6.....	Milligrams	.76	.78	.79	.79	.76	.77	.75	.82	.78	.80	.81	.79
Folacin.....	Micrograms	130	128	138	139	142	135	131	134	127	138	141	131
Vitamin B-12.....	Micrograms	2.79	3.31	4.26	2.68	4.48	2.92	3.39	3.73	4.10	3.44	3.02	3.45
Calcium.....	Milligrams	376	411	374	390	370	381	383	393	363	406	375	397
Phosphorus.....	Milligrams	631	656	635	630	623	630	624	651	635	669	633	641
Magnesium.....	Milligrams	129	145	144	134	132	132	148	146	131	141	146	144
Iron.....	Milligrams	6.9	6.9	7.1	6.9	7.3	6.8	7.2	7.3	6.8	7.4	7.3	7.2
Zinc.....	Milligrams	5.8	6.0	6.1	5.9	6.2	5.8	6.0	6.1	5.8	6.2	6.1	6.1
Copper.....	Milligrams	.6	.7	.7	.6	.8	.6	.7	.8	.7	.7	.7	.7
Sodium.....	Milligrams	1,653	1,590	1,591	1,535	1,723	1,606	1,653	1,633	1,734	1,678	1,690	1,689
Potassium.....	Milligrams	1,297	1,494	1,507	1,394	1,359	1,362	1,520	1,525	1,344	1,435	1,556	1,480

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Appendix Table C7A.--Mean Food Energy Intake by Income Level and Wave, Low-Income Households, 1986 (unweighted)

Income Level	Wave 1		Wave 2		Wave 3	
	Individuals	Food Energy	Individuals	Food Energy	Individuals	Food Energy
	Number	Kilocalories	Number	Kilocalories	Number	Kilocalories
Children:						
0-75% Poverty.....	371	1,414	282	1,381	242	1,368
76-130% Poverty....	213	1,414	159	1,397	132	1,431
Over 130% Poverty..	78	1,616	63	1,572	61	1,477
0-100% Poverty.....	485	1,417	368	1,396	314	1,392
0-130% Poverty.....	584	1,414	441	1,386	374	1,390
Women:						
0-75% Poverty.....	586	1,521	469	1,400	436	1,368
76-130% Poverty....	445	1,540	346	1,428	304	1,393
Over 130% Poverty..	155	1,639	130	1,434	115	1,383
0-100% Poverty.....	802	1,524	635	1,421	583	1,382
0-130% Poverty.....	1,031	1,529	815	1,412	740	1,379
	Wave 4		Wave 5		Wave 6	
	Individuals	Food Energy	Individuals	Food Energy	Individuals	Food Energy
	Number	Kilocalories	Number	Kilocalories	Number	Kilocalories
Children:						
0-75% Poverty.....	225	1,360	228	1,381	234	1,432
76-130% Poverty....	136	1,361	127	1,305	120	1,509
Over 130% Poverty..	51	1,450	48	1,394	47	1,518
0-100% Poverty.....	297	1,340	298	1,371	297	1,437
0-130% Poverty.....	361	1,360	355	1,354	354	1,458
Women:						
0-75% Poverty.....	410	1,389	398	1,337	406	1,425
76-130% Poverty....	303	1,352	276	1,344	281	1,372
Over 130% Poverty..	104	1,346	96	1,359	104	1,348
0-100% Poverty.....	557	1,363	537	1,347	542	1,406
0-130% Poverty.....	713	1,373	674	1,340	687	1,403

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population.  
See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Appendix Table C7B.--Mean Food Energy Intake by Income Level and Wave, by Food Stamp Program Status,  
Low-Income Households, 1986 (unweighted)

Income Level	Wave 1				Wave 2				Wave 3			
	Individuals		Food Energy		Individuals		Food Energy		Individuals		Food Energy	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---	---	---	---	---	---	---	---	---	---	---	---
---Number--- Kilocalories ---Number--- Kilocalories ---Number--- Kilocalories												
Children:												
0-75% Poverty.....	285	86	1,437	1,338	218	64	1,408	1,289	181	61	1,396	1,285
76-130% Poverty....	60	153	1,468	1,393	44	115	1,410	1,392	40	92	1,552	1,379
Over 130% Poverty..	4	74	2,010	1,595	4	59	1,283	1,592	8	53	1,690	1,445
0-100% Poverty.....	338	147	1,441	1,364	251	117	1,408	1,368	212	102	1,411	1,353
0-130% Poverty.....	345	239	1,443	1,373	262	179	1,408	1,355	221	153	1,424	1,341
Women:												
0-75% Poverty.....	403	183	1,483	1,604	313	156	1,393	1,414	282	154	1,327	1,445
76-130% Poverty....	107	338	1,638	1,509	80	266	1,388	1,440	66	238	1,450	1,377
Over 130% Poverty..	9	146	1,428	1,652	9	121	1,309	1,444	10	105	1,537	1,369
0-100% Poverty.....	486	316	1,507	1,549	371	264	1,392	1,462	330	253	1,351	1,423
0-130% Poverty.....	510	521	1,515	1,542	393	422	1,392	1,430	348	392	1,350	1,404
	Wave 4				Wave 5				Wave 6			
	Individuals		Food Energy		Individuals		Food Energy		Individuals		Food Energy	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---	---	---	---	---	---	---	---	---	---	---	---
---Number--- Kilocalories ---Number--- Kilocalories ---Number--- Kilocalories												
Children:												
0-75% Poverty.....	152	73	1,396	1,284	158	70	1,425	1,279	165	69	1,491	1,289
76-130% Poverty....	40	96	1,209	1,425	42	85	1,279	1,319	36	84	1,456	1,531
Over 130% Poverty..	7	44	1,297	1,474	8	40	1,392	1,394	3	44	1,469	1,522
0-100% Poverty.....	183	114	1,360	1,308	192	106	1,414	1,292	195	102	1,493	1,331
0-130% Poverty.....	192	169	1,357	1,364	200	155	1,395	1,301	201	153	1,485	1,422
Women:												
0-75% Poverty.....	252	158	1,359	1,436	242	156	1,308	1,382	256	150	1,408	1,455
76-130% Poverty....	64	238	1,332	1,355	61	214	1,257	1,370	57	224	1,454	1,351
Over 130% Poverty..	9	95	1,290	1,352	9	87	1,369	1,358	7	97	1,791	1,316
0-100% Poverty.....	297	259	1,355	1,369	284	253	1,307	1,392	298	244	1,415	1,395
0-130% Poverty.....	316	396	1,353	1,387	303	370	1,298	1,375	313	374	1,416	1,393

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Appendix Table C8A.--Food Energy From Protein, Total Fat, Fatty Acids, and Carbohydrate: Mean per Individual in a Day by Wave, Low-Income Households, 1986 (unweighted)

Wave Number	Individuals	Protein	Total Fat	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Carbohydrate
	Number			Percent			
Children:							
1.....	762	16.4	36.6	14.8	13.5	5.7	48.1
2.....	583	15.7	34.8	14.2	12.7	5.4	50.8
3.....	499	16.3	35.8	14.5	13.1	5.6	49.1
4.....	478	15.8	35.9	14.2	13.2	6.0	49.4
5.....	464	16.1	35.0	13.9	12.9	5.7	50.0
6.....	466	16.1	35.9	14.3	13.2	5.8	49.0
Women:							
1.....	1,320	16.8	35.9	13.0	13.6	6.6	47.4
2.....	1,051	16.5	34.7	12.6	13.2	6.3	48.9
3.....	946	16.5	34.9	12.6	13.3	6.4	47.8
4.....	904	17.1	34.9	12.6	13.2	6.5	47.4
5.....	848	17.3	34.8	12.5	13.2	6.4	48.1
6.....	876	16.8	35.1	12.6	13.3	6.6	47.3

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population.  
See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Appendix Table C8B.--Food Energy From Protein, Total Fat, Fatty Acids, and Carbohydrate: Mean per Individual in a Day by Wave, by Food Stamp Program Status, Low-Income Households, 1986 (unweighted)

Wave Number	Individuals		Protein		Total Fat		Saturated Fatty Acids		Monounsaturated Fatty Acids		Polyunsaturated Fatty Acids		Carbohydrate	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	:	:	:	:	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:	:	:	:	:
---Number--- -----Percent-----														
Children:														
1.....	407	355	16.5	16.2	37.1	36.0	15.0	14.6	13.7	13.2	5.8	5.6	47.3	48.9
2.....	310	273	15.9	15.4	35.5	34.0	14.4	14.0	13.1	12.3	5.5	5.3	49.6	52.0
3.....	269	230	16.7	15.8	36.4	35.1	14.4	14.6	13.5	12.6	5.8	5.3	48.0	50.4
4.....	239	239	16.0	15.6	36.3	35.6	14.2	14.3	13.4	12.9	6.1	5.8	48.7	50.1
5.....	245	219	16.1	16.1	36.0	34.0	14.0	13.9	13.3	12.4	6.0	5.3	49.1	51.0
6.....	245	221	16.2	16.0	36.2	35.5	14.4	14.2	13.4	13.0	5.8	5.8	48.6	49.5
Women:														
1.....	586	734	16.7	16.9	35.9	35.8	12.9	13.1	13.7	13.6	6.6	6.6	47.5	47.2
2.....	457	594	16.7	16.3	34.7	34.8	12.6	12.7	13.3	13.1	6.1	6.4	48.5	49.3
3.....	404	542	16.7	16.4	34.7	35.1	12.6	12.7	13.4	13.2	6.1	6.6	47.2	48.3
4.....	368	535	16.8	17.3	35.1	34.8	12.7	12.5	13.5	13.0	6.2	6.7	47.2	47.5
5.....	354	493	17.1	17.4	35.2	34.4	12.5	12.6	13.4	13.1	6.8	6.2	47.6	48.4
6.....	364	511	16.9	16.8	34.7	35.5	12.5	12.7	13.3	13.3	6.2	6.9	47.1	47.4

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population.  
See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.



GENERAL NOTE:

Data in these tables are unweighted and cannot be generalized to the population.

TABLE C1--DISTRIBUTION OF WOMEN BY SELECTED CHARACTERISTICS AND LEVEL OF PARTICIPATION

Level of participation--Refers to the number of waves completed. All low-income women and children who completed interviews in the first wave were eligible for reinterview in the remaining waves. Respondents were retained in the survey even if they missed one or more waves. Children were retained in the survey only if their mothers/caretakers remained.

TABLE C2A AND C2B--MEAN NUMBER OF FOOD ITEMS CODED AND MEAN FOOD ENERGY INTAKE

Food items coded--Mean number of line items coded. May not equal number of foods and beverages originally reported by respondent. For example, a mixed dish reported as a unit by a respondent may have been coded as more than one line item if information on types and amounts of ingredients was available.

TABLE C3A AND C3B--PERCENTAGE OF INDIVIDUALS REPORTING SPECIFIED AMOUNT OF FOOD AND DRINK BY WAVE

Amount of food and drink--The respondent's answer to the question "Would you say the amount of food and drink you had yesterday was less than usual, usual, or more than usual for that day of the week?"

TABLES C4.1A TO C4.2B--FOOD INTAKES

See notes for tables 1.1-1A to 1.6-2B in the main body of this report for food group definitions.

TABLES C5.1A TO C5.2B--NUTRIENT INTAKES

See notes for tables 3.1 to 4N in the main body of this report for selected nutrient definitions.

TABLES C6.1A TO C6.2B--NUTRIENT INTAKES PER 1,000 KILOCALORIES

See notes for tables 7.1 to 7.2 in the main body of this report.

TABLE C7A AND C7B--FOOD ENERGY FROM PROTEIN, TOTAL FAT, FATTY ACIDS, AND CARBOHYDRATE

Food energy--Energy provided by protein, fat, and carbohydrate was calculated by using the general factors 4, 9, and 4 kilocalories per gram, respectively, rather than food-specific factors.





## Appendix D: Recommended Dietary Allowances, 1980 (3)

Sex and age (years)	Food energy	Protein	Water-soluble vitamins							
			Vitamin C	Thiamin	Ribo- flavin	Niacin	Vitamin B <sub>6</sub>	Folacin	Vitamin B <sub>12</sub>	
	kcal	g	-----	mg	-----	mg(NE) <sup>1</sup>	mg	-----	mcg	-----
Males and females:										
0.0-0.4 .....	690	13.2	35	0.3	0.4	6	0.3	30		0.5
0.5-0.9 .....	945	18.0	35	0.5	0.6	8	0.6	45		1.5
1-3 .....	1,300	23.0	45	0.7	0.8	9	0.9	100		2.0
4-6 .....	1,700	30.0	45	0.9	1.0	11	1.3	200		2.5
7-10 .....	2,400	34.0	45	1.2	1.4	16	1.6	300		3.0
Males:										
11-14 .....	2,700	45.0	50	1.4	1.6	18	1.8	400		3.0
15-18 .....	2,800	56.0	60	1.4	1.7	18	2.0	400		3.0
19-22 .....	2,900	56.0	60	1.5	1.7	19	2.2	400		3.0
23-50 .....	2,700	56.0	60	1.4	1.6	18	2.2	400		3.0
51-75 .....	2,400	56.0	60	1.2	1.4	16	2.2	400		3.0
76 and over ..	2,050	56.0	60	1.2	1.4	16	2.2	400		3.0
Females:										
11-14 .....	2,200	46.0	50	1.1	1.3	15	1.8	400		3.0
15-18 .....	2,100	46.0	60	1.1	1.3	14	2.0	400		3.0
19-22 .....	2,100	44.0	60	1.1	1.3	14	2.0	400		3.0
23-50 .....	2,000	44.0	60	1.0	1.2	13	2.0	400		3.0
51-75 .....	1,800	44.0	60	1.0	1.2	13	2.0	400		3.0
76 and over ..	1,600	44.0	60	1.0	1.2	13	2.0	400		3.0
Pregnant:										
11-14 .....	2,500	76.0	70	1.5	1.6	17	2.4	800		4.0
15-18 .....	2,400	76.0	80	1.5	1.6	16	2.6	800		4.0
19-22 .....	2,400	74.0	80	1.5	1.6	16	2.6	800		4.0
23-50 .....	2,300	74.0	80	1.4	1.5	15	2.6	800		4.0
Lactating:										
11-14 .....	2,700	66.0	90	1.6	1.8	20	2.3	500		4.0
15-18 .....	2,600	66.0	100	1.6	1.8	19	2.5	500		4.0
19-22 .....	2,600	64.0	100	1.6	1.8	19	2.5	500		4.0
23-50 .....	2,500	64.0	100	1.5	1.7	18	2.5	500		4.0

<sup>1</sup>One NE (niacin equivalent) is equal to 1 mg of preformed niacin or 60 mg of dietary tryptophan.

Appendix D: Recommended Dietary Allowances, 1980 (3)--Con.

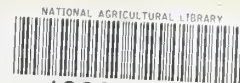
Sex and age (years)	Fat-soluble vitamins			Minerals				
	Vitamin A	Vitamin E		Calcium	Phosphorus	Magnesium	Iron	Zinc
	RE	IU <sup>2</sup>	Alpha-TE	----- mg -----				
Males and females:								
0.0-0.4 .....	420	1,400	3	360	240	50	10	3
0.5-0.9 .....	400	2,000	4	540	360	70	15	5
1-3 .....	400	2,000	5	800	800	150	15	10
4-6 .....	500	2,500	6	800	800	200	10	10
7-10 .....	700	3,300	7	800	800	250	10	10
Males:								
11-14 .....	1,000	5,000	8	1,200	1,200	350	18	15
15-18 .....	1,000	5,000	10	1,200	1,200	400	18	15
19-22 .....	1,000	5,000	10	800	800	350	10	15
23-50 .....	1,000	5,000	10	800	800	350	10	15
51-75 .....	1,000	5,000	10	800	800	350	10	15
76 and over ..	1,000	5,000	10	800	800	350	10	15
Females:								
11-14 .....	800	4,000	8	1,200	1,200	300	18	15
15-18 .....	800	4,000	8	1,200	1,200	300	18	15
19-22 .....	800	4,000	8	800	800	300	18	15
23-50 .....	800	4,000	8	800	800	300	18	15
51-75 .....	800	4,000	8	800	800	300	10	15
76 and over ..	800	4,000	8	800	800	300	10	15
Pregnant:								
11-14 .....	1,000	5,000	10	1,600	1,600	450	18	20
15-18 .....	1,000	5,000	10	1,600	1,600	450	18	20
19-22 .....	1,000	5,000	10	1,200	1,200	450	18	20
23-50 .....	1,000	5,000	10	1,200	1,200	450	18	20
Lactating:								
11-14 .....	1,200	6,000	11	1,600	1,600	450	18	25
15-18 .....	1,200	6,000	11	1,600	1,600	450	18	25
19-22 .....	1,200	6,000	11	1,200	1,200	450	18	25
23-50 .....	1,200	6,000	11	1,200	1,200	450	18	25

<sup>2</sup> Vitamin A allowances were converted from retinol equivalents to international units to allow comparison with 1977 intake data.

## Literature Cited

- (1) U.S. Department of Health and Human Services. 1986. Annual Revision of the Poverty Income Guidelines. Federal Register 51:5105-5106.
- (2) Peterkin, B. B., and R. L. Rizek. 1984. National Nutrition Monitoring System. Family Econ. Rev., No. 4, pp. 15-19.
- (3) National Academy of Sciences, National Research Council, Food and Nutrition Board. 1980. Recommended Dietary Allowances, 9th ed. Washington, DC: National Academy Press, 185 pp.
- (4) U.S. Department of Agriculture, Human Nutrition Information Service. In preparation. Manual of Food Codes for Individual Intake. On Dataset: CSFII 86-4, Continuing Survey of Food Intakes by Individuals, Low-Income Women 19-50 Years and Their Children 1-5 Years, 4 Days, 1986. U.S. Dept. of Commerce, National Technical Inform. Serv., 5285 Port Royal Rd., Springfield, VA 22161. Computer tape.
- (5) U.S. Department of Agriculture, Human Nutrition Information Service. 1986. USDA Nutrient Data Bases for Individual Food Intake Surveys, Rel. 2.1. U.S. Dept. of Commerce, National Technical Inform. Serv., 5285 Port Royal Rd., Springfield, VA 22161. Accession No. PB87-181020. Computer tape.
- (6) U.S. Department of Agriculture, Human Nutrition Information Service. 1985. USDA Nutrient Data Base for Standard Reference, Rel. 5. U.S. Dept. of Commerce, National Technical Inform. Serv., 5285 Port Royal Rd., Springfield, VA 22161. Accession No. PB85-10051/HBF. Computer tape.
- (7) Hepburn, F. N. 1982. The USDA National Nutrient Data Bank. Amer. J. Clin. Nutr. 35:1297-1301.
- (8) U.S. Department of Labor, Bureau of Labor Statistics. 1980. Print Control Language. Table Producing Language System: Version 5 Language Guide. 169 pp.
- (9) U.S. Department of Labor, Bureau of Labor Statistics. 1980. Table Producing Language System: Version 5 Language Guide. 271 pp.
- (10) Merrill, A. L., and B. K. Watt. 1973. Energy Value of Foods--Basis and Derivation. U.S. Dept. of Agric., Agric. Handb. No. 74, 105 pp.

## CSFII Reports



1022325944

### CSFII 1986 Series:

NFCS, CSFII Report No. 86-1:	Women 19-50 Years and Their Children 1-5 Years, 1 Day, 1986 (Issued January 1987)
NFCS, CSFII Report No. 86-2:	Low-Income Women 19-50 Years and Their Children 1-5 Years, 1 Day, 1986 (Issued April 1987)
NFCS, CSFII Report No. 86-3:	Women 19-50 Years and Their Children 1-5 Years, 4 Days, 1986 (Issued September 1988)
NFCS, CSFII Report No. 86-4:	Low-Income Women 19-50 Years and Their Children 1-5 Years, 4 Days, 1986

### CSFII 1985 Series:

NFCS, CSFII Report No. 85-1:	Women 19-50 Years and Their Children 1-5 Years, 1 Day, 1985 (Issued November 1985)
NFCS, CSFII Report No. 85-2:	Low-Income Women 19-50 Years and Their Children 1-5 Years, 1 Day, 1985 (Issued August 1986)
NFCS, CSFII Report No. 85-3:	Men 19-50 Years, 1 Day, 1985 (Issued November 1986)
NFCS, CSFII Report No. 85-4:	Women 19-50 Years and Their Children 1-5 Years, 4 Days, 1985 (Issued August 1987)
NFCS, CSFII Report No. 85-5:	Low-Income Women 19-50 Years and Their Children 1-5 Years, 4 Days, 1985 (Issued March 1988)

**United States Department of Agriculture**  
Human Nutrition Information Service  
Nutrition Monitoring Division  
Room 325-A, Federal Building  
Hyattsville, Maryland 20782

\* NATIONAL AGRICULTURAL LIBRARY



1022325944